

Here are this week's health care news highlights from AskaPatient:

- These 6 case reports highlight the importance of taking contact lenses out before falling asleep: <http://ow.ly/3HfS30lt2CH> (08-20-18)
- CDC reports one in four adults lives with a disability, with impaired mobility being the most common type. <http://ow.ly/rOip30lt2Hx> (08-20-18)
- A surprisingly large number of people smell 'phantom odors' that can impact their quality of life. <http://ow.ly/Qfi930lt2Tt> (08-20-18)
- Drinking milk with breakfast helps diabetics control blood sugar and satiety, study finds. <http://ow.ly/8L9F30lud6o> (08-21-18)
- New pain management program successfully tapers patients off opioids after surgery. <http://ow.ly/ACR130ludaW> (08-21-18)
- Radiation therapy for head and neck cancers often comes with a debilitating side effect, but a new drug may be able to prevent it. <http://ow.ly/EbAx30lude5> (08-21-18)
- Scientists think they can use an enzyme from the gut to make blood cells universally accepted by people in need of transfusions. <http://ow.ly/Y1Yd30lvbg0> (08-22-18)
- FDA extends the expiration date of some EpiPens to help combat the continuing shortage. <http://ow.ly/wNC430lvbIF> (08-22-18)
- Ancient practice of using clay to treat wounds may be key in fighting some modern infections. <http://ow.ly/O9Xb30lvbs0> (08-22-18)
- Daily e-cigarette users double their risk of heart attack, and users of both real and e-cigarettes have a five-fold higher risk. <http://ow.ly/YwzH30lwenY> (08-23-18)
- Family caregivers for cancer patients are much more likely to have mental health problems. <http://ow.ly/ynb930lweq4> (08-23-18)
- Naps are important in helping young children process emotions and enhance memory. <http://ow.ly/1sy530lweuF> (08-23-18)
- Not being able to recall detailed past events could mean a greater risk of Alzheimer's later in life. <http://ow.ly/BivQ30lx6OV> (08-24-18)
- New guidelines recommend using honey and over-the-counter meds for a cough instead of going straight to the doctor. <http://ow.ly/zDgg30lx6Vt> (08-24-18)
- Large new study finds severe heartburn treatment protects against esophageal cancer. <http://ow.ly/uMCg30lx6Zv> (08-24-18)
- New analysis says there is no safe level of alcohol consumption for overall health. <http://ow.ly/kceX30lv2Kj> (08-25-18)
- Most recent Ebola outbreak ranks among the top 9 largest, made worse by resistance to safer burial practices. <http://ow.ly/aKTr30ly2NM> (08-25-18)
- **Torrent Pharmaceuticals** and its repackager **Remedy Repack** join the growing list of companies recalling blood pressure drug valsartan. Click here for the [complete FDA list](#). (8-24-18)

From FDA Press Release, 8/24/2018: <https://www.fda.gov/drugs/drugsafety/ucm613916.htm>

"Torrent Pharmaceuticals Limited is expanding its voluntary recall to all lots of unexpired valsartan-containing drug products due to the detection of NDMA in the active pharmaceutical ingredient (API) manufactured by Zhejiang Huahai Pharmaceuticals."

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