

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

- Plastic trays in security lines harbor more pathogens than the flushing buttons on airport toilets. <http://ow.ly/QVdU30m2nvA> (10-01-18)
- Continuing EpiPen shortages prompt regulators to extend the use-by date by several months. <http://ow.ly/gYHT30m2nxt> (10-01-18)
- Bacterial injections show promise for treating solid tumors, especially in patients for whom immunotherapy has failed. <http://ow.ly/p8Gc30m2nKD> (10-01-18)
- Collaborative study finds that artificial sweeteners are toxic to gut bacteria. <http://ow.ly/DMdJ30m3w78> (10-02-18)
- Nobel Prize jointly awarded to two scientists for discovery of novel cancer treatment tactics. <http://ow.ly/vNBC30m3w7J> (10-02-18)
- Vision loss from neck manipulation raises concerns over chiropractor visits for some. <http://ow.ly/UCIS30m3wgJ> (10-02-18)
- Disjointed and incompatible medical record platforms often make patient care more of a hurdle than it needs to be. <http://ow.ly/LKek30m4Ct1> (10-03-18)
- Yo-yoing weight, blood pressure, blood sugar, and cholesterol increase risk of death. <http://ow.ly/zGx530m4CCL> (10-03-18)
- U.S. working with Latin American countries to prevent disease spread as refugees flee from Venezuela. <http://ow.ly/3Vez30m4CFZ> (10-03-18)
- Australia sets its sights on becoming the first country to eliminate cervical cancer. <http://ow.ly/7RR630m5FH0> (10-04-18)
- Drinking more water can cut recurring bladder infections in half in women. <http://ow.ly/5sc230m5FJ0> (10-04-18)
- Glow-in-the-dark paper identifies infectious diseases in 20 minutes, potential for developing countries. <http://ow.ly/cBuM30m5FNX> (10-04-18)
- You are better off spending 15 minutes jogging than you are meditating if you want to sharpen your mind, study suggests. <http://ow.ly/3vFP30m6Gex> (10-05-18)
- On any given day, nearly 40 percent of Americans eat fast food, and the number increases with higher income. <http://ow.ly/t7E030m6Gjk> (10-05-18)
- First suicide attempts in youth are much more deadly than previously thought, and firearms are implicated in the majority. <http://ow.ly/waEJ30m6Gmu> (10-05-18)
- Viruses that target the brain can also target the gut to cause sudden digestive issues. <http://ow.ly/d1A630m80wU> (10-06-18)
- New method of analyzing CT heart scans can predict heart attacks years in advance. <http://ow.ly/lokf30m80xc> (10-06-18)
- Aggressive lung and prostate cancers share striking similarities despite developing in different organs. <http://ow.ly/3jbG30m80xu> (10-06-18)

From AskaPatient: Many common prescription drugs carry a risk of depression side effect

This month, Public Citizen's Health Research Group published the "Most Commonly Used Oral Medications with Depression as a Potential Adverse Effect." The listed drugs were identified in a University of Illinois study that compared official drug label side effects with side effects experienced by respondents who reported taking prescription drugs in the "National Health and Nutrition Examination Survey." The survey analysis covered the years between 2005 and 2014, so researchers were able to identify trends in prescription taking habits and health consequences.

The study concluded that around 37% of Americans are taking drugs that have depression side effects risks. These include a wide range of treatment categories, including beta blockers, hormonal contraceptives, heartburn drugs, analgesics, pain medicines, mental health drugs, and anticonvulsants. Researchers also found that compared with ten years ago, more people are taking drugs and more are also taking multiple prescription drugs. Not surprisingly, the researchers found that as the number of drugs with the risk of depression are taken concurrently increases, so does the incidence of depressive side effects.

Here are some of the drugs on the list, along with links to experiences of patients reporting depression as a side effect of the drug. The drugs identified as causing depression in the research study also include common antidepressants and anti-anxiety drugs. These are not included in the AskaPatient links below because for those categories of drugs, it is difficult to limit the reviews in the database to include **only** those antidepressants where "depression" is reported as a side effect (a "paradoxical" side effect since depression is what the drug is treating).

Common Drugs with Depression Side Effects		
Drug	Used for	Drug Type
Singulair causing depression	Allergies/ Asthma	Leukotriene inhibitor
Singulair and depression in children	Allergies	Leukotriene inhibitor
Zyrtec causing depression	Allergies	Antihistamine
Zyrtec and depression in children	Allergies	Antihistamine
Toprol XL causing depression	High blood pressure	Beta-blocker
Atenolol causing depression	High blood pressure	Beta-blocker
Prilosec causing depression	GERD/severe heartburn	Proton Pump Inhibitor (PPI)
Zantac causing depression	Stomach Acid	Histamine2-blocker
Pepcid causing depression	Stomach Acid	Histamine2-blocker
Nexium causing depression	Stomach Acid	Proton Pump Inhibitor (PPI)
Lo Loestrin causing depression	Birth control	Ethinyl estradiol
Sprintec causing depression	Birth control	Ethinyl estradiol
Alesse causing depression	Birth control	Ethinyl estradiol
Ortho tri-cylen causing depression	Birth control	Ethinyl estradiol
Propecia causing depression	Hair loss	5-Alpha reductase inhibitor
Lamictal causing depression	Bipolar/	

depression	epilepsy	Anticonvulsant
Klonopin causing depression	Anxiety/ seizures	Benzodiazepine
Topmax causing depression	Migraines	Anticonvulsant
Neurontin causing depression	Nerve pain	Anticonvulsant
Ambien causing depression	Insomnia	Sedative-hypnotic

Resources and More Reading

- Qato DM, Ozenberger K, Olsson M. "Prevalence of prescription medications with depression as a potential adverse effect among adults in the United States." [JAMA. 2018;319\(22\):2289-2298](#)
- National Health and Nutrition Examination Survey ([NHANES](#)) is a program of studies designed to assess the health and nutritional status of adults and children in the United States. The survey combines interviews and physical examinations, has been in existence since 1960 and has surveyed over 190,000 people.
- "One-third of US adults may unknowingly use medications that can cause depression." [Science Daily Release](#). Contains the **list of drugs** identified by the JAMA study.
- Public Citizen's Health Research Group. Worst Pills, Best Pills: "New Research Shows Drugs Associated with a Risk of Depression Are Widely Used" (October 2018). http://www.worstpills.org/recent_postings.cfm (subscription required to view full article)

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