

**Here are this week's healthcare news highlights from AskaPatient:**

- Cancer treatments completely drain life savings within the first two years of treatment for 42 percent of patients. <http://ow.ly/BSvH30mjlkg> (10-22-18)
- Novartis drug cuts death or disease progression by more than a third in breast cancer patients with common gene mutation. <http://ow.ly/BUH830mjlyj> (10-22-18)
- Refined fiber that food manufacturers add to food for health purposes may combat obesity but also promote liver cancer. <http://ow.ly/jXQC30mjIGk> (10-22-18)
- Fathers who exercise before having children may pass on lifelong benefits to their kids. <http://ow.ly/oKx430mkMUU> (10-23-18)
- Experts urging primary care doctors to make sexual health discussions more of a priority during patient visits to curb rising STD rates. <http://ow.ly/GmaA30mkMVA> (10-23-18)
- Why do allergies seem to be commonplace today, whereas they were unusual decades ago? A lack of environmental exposure may be to blame. <http://ow.ly/vNRc30mkNeA> (10-23-18)
- Pregnancy discrimination in physically demanding jobs comes with dire consequences, but it is often completely legal. <http://ow.ly/mTJ730mlFLE> (10-24-18)
- Low vaccination rates in Europe lead to explosion of easily preventable measles cases, US possibly next. <http://ow.ly/v8cT30mlG2u> (10-24-18)
- Many "hospital-acquired" infections appear to originate from the patients themselves rather than from the hospital. <http://ow.ly/kMow30mlGnv> (10-24-18)
- Common class of drugs used to treat several illnesses may increase the risk of dementia even 20 years after exposure. <http://ow.ly/leTu30mlGuU> (10-25-18)
- FDA approves the first new flu treatment in 20 years for people who have been experiencing symptoms for at most 2 days. <http://ow.ly/g3um30mmymp> (10-25-18)
- Taller people are at a slightly greater risk of cancer simply because they have more cells in their body, study suggests. <http://ow.ly/8wKa30mmysV> (10-25-18)
- Researchers are testing a nanodevice that is injected directly into tumors, delivering sustained immunotherapy without side effects. <http://ow.ly/96CD30mmyEp> (10-26-18)
- Report reveals crowdfunding campaigns raise millions of dollars towards treatments that are either ineffective or downright dangerous. <http://ow.ly/6R3S30mmyPR> (10-26-18)
- Treating hearing loss can help slow cognitive decline in older adults and reduce social isolation. <http://ow.ly/c2OL30mnqGH> (10-26-18)
- Trump seeks to establish lower prescription drug prices paid by Medicare by aligning them more closely with pricing in other countries. <http://ow.ly/LEj230moq6u> (10-27-18)
- Early findings suggest genetically-driven high iron can increase risk of stroke, but scientists caution further research is needed. <http://ow.ly/vr8V30moq8K> (10-27-18)

**From AskaPatient: Four take-aways from the 2018 Milken Institute's "Future of Health Summit"**

Dan Diamond of Politico covered the activities at the recent Milken Institute's *Future of Health Summit* for a special edition of the *Pulse* newsletter. The event took place October 23 – 24 in Washington D.C., with presentations by thought leaders from government, academia, and the health care industry. Here are four of the seven themes Diamond identified from the conference that signal changes in current thinking and forecasts for the future:

#### **The need to empower patients.**

There is growing consensus that not nearly enough is being done to protect the privacy of patient medical information. Furthermore, patients deserve to have more control over their own medical data, even in the long term. "The idea of 'sequential consent'— where patients need to be asked, again and again, before their data is used in a second or third or 100th study — is coming into its own as a buzzword."

#### **Focus on "addiction," not just the availability of "opioids."**

We need a better understanding how people become addicted in the first place so that we can prevent addiction. Also, removing the stigma related to addiction will go a long way towards helping people become motivated to seek treatment. According to Daniela Luzi Tudor, a speaker at the conference, "so much hangs on the first year — and that if people with addictions can get to Day 365 of recovery, the risk of relapse is reduced by 60 percent."

#### **The future of aging is getting better.**

"Life expectancies have increased dramatically since 1900, but there are clear problems with how to *pay* for care to seniors, panelists noted. Personal savings may run out early on in retirement. Also, while Medicare costs since 2010 have grown quite slowly per person — just 1.5 percent annually — the Medicare-eligible population is swelling. "

#### **The need for "smart cities."**

Related to the topic of the future of aging, a speaker from AgingWell Hub at Georgetown University "painted a dire picture of aging in big cities: Older people are being displaced by younger newcomers, she said. The middle three quintiles, solidly middle class people, typically in their late 60s and worth about \$200,000, will run out of money when they're about 80."

#### **Three more observations gleaned from the conference:**

- "Health care disruptors are coming from *inside* the industry."
- "Trump's team is engaging with the health care community, more and more."
- "Collaboration is essential — especially in such a siloed system."

#### **Sources and Further Reading:**

- Read the special edition of [Pulse on Milken](#) with more on each of the seven conference take-aways.

- Articles written by thought leaders at the *Future of Health Summit: Power of Ideas*

Topics include: new culture of food, opioid epidemic, mental health, longevity, behavioral health training, and health care reform.

- Milken Institute's [Best Cities to Retire](#) web site.

AARP surveys find that most people age 65 and older want to age in their current homes and communities. Since 2012, Milken Institute has prepared this report on the livability of cities for its senior citizen residents. The report evaluates cities based on factors such as employment, healthcare, wellness, education, transportation and convenience, and overall livability. Number one [large city](#): Provo-Orem, Utah. Number one [small city](#): Iowa City, Iowa. (For another list, check out [Forbes 2018 list](#) of best cities to retire.)

- From [Conference Bites](#):

*"A culture of laughter is actually very important to our center. Neurobiologists have studied this—laughter is being attuned to an unexpected result. Laughter puts your brain in a mode that is ready to receive different information and that's what innovation is."* ~ Christopher Austin, National Institutes of Health

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