

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

- Phone app proves to be nearly as effective as a 12-lead ECG in identifying a heart attack. <http://ow.ly/jDmW30mzZGa> (11-12-18)
- Nearly half of countries are experiencing a “baby bust” with women having fewer children, leading to a shrinking population. <http://ow.ly/2ali30mzZLn> (11-12-18)
- Multiple sclerosis research team identifies why certain cells accumulate in nerve tissue causing inflammation. <http://ow.ly/cQwS30mzZSy> (11-12-18)
- Health and Human Services releases updated activity guidelines for Americans. The message may not surprise you: move more. <http://ow.ly/ihYq30mAV40> (11-13-18)
- Paradoxically, obesity increases cancer growth but also helps immunotherapy kill cancer, study says. <http://ow.ly/Jd4D30mAV4o> (11-13-18)
- Even in the absence of other health problems, researchers find a strong link between obesity and depression. <http://ow.ly/VIOF30mAV51> (11-13-18)
- Bioengineering team seeks to reduce healing time of diabetic foot ulcers from 150 days to just 21. <http://ow.ly/OM5p30mBMyi> (11-14-18)
- A 5 minute neck scan may identify those at the greatest risk of cognitive decline years down the road. <http://ow.ly/mP6X30mBP18> (11-14-18)
- Hands-free CPR training kiosks prove as effective as 30 minutes of classroom training at teaching the life-saving technique. <http://ow.ly/qgP330mBP4x> (11-14-18)
- Medicaid reverses decades-old reimbursement exclusions for mental health facilities under certain circumstances. <http://ow.ly/QM5A30mCFbE> (11-15-18)
- Less than an hour per week lifting weights is all it takes to cut heart attack and stroke risk by 40 to 70 percent. <http://ow.ly/cUYY30mCFfM> (11-15-18)
- Inappropriate prescriptions are common in older people following hospitalization, very often due to prescription duration. <http://ow.ly/5V1f30mCFwK> (11-15-18)
- Experimental blood test could catch cancer at its earliest stages when it is easiest to treat. <http://ow.ly/shBP30mDxdh> (11-16-18)
- Updated guidelines urge doctors to discuss alcohol use with all adult patients to help prevent future damage. <http://ow.ly/ZGoa30mDxho> (11-16-18)
- Omega-3 supplementation during pregnancy can reduce risk of premature birth and low birth weight. <http://ow.ly/7CiY30mDxp1> (11-16-18)

From AskaPatient: Our feature news article will return next week. In the meantime, check out these posts on our web site from past newsletters:

[Patients frequently pay too much for their Rx](#)

Many patients pay more for a drug with their Rx co-pay than they would if they simply paid out-of-pocket. JAMA study results and new bans on pharmacist gag clauses are explained.

[Muscle relaxants and other drugs flagged by FDA \(Part 2\)](#)

In the most recent 2018 FDA quarterly report, a new potential risk of serotonin syndrome is associated with the use of muscle relaxants. Other drugs flagged by FDA include those for cancer nausea, thyroid, rheumatoid arthritis, fungal infections, and insulin injection products.

[Fluoroquinolone antibiotics and other drugs flagged by FDA \(Part 1\)](#)

FDA is making changes to warnings about fluoroquinolone antibiotics because of life-threatening risk of low blood sugar. Also a list of commonly prescribed drugs that have adverse effects reported that have been identified in the past year by the FDA for further evaluation.

[Movement disorder side effects of some psychiatric drugs](#)

Public Citizen's Health Research Group warns about the over-use of antipsychotic drugs in older adults. While antipsychotic drugs can be extremely beneficial for patients with psychoses, some patients (of all ages, but especially the elderly) are prescribed them for other reasons, such as for their sedative effect. Patients may experience a variety of severe side effects, including movement disorders that result in tremors in the face or body, such as "tardive dyskinesia," "tardive dystonia," "drug-induced Parkinsonism" and "akathisia."

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