

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

- Male birth control gel that is applied to the back and shoulders will begin testing in hopes of becoming the first male contraceptive. <http://ow.ly/QYBD30mP55Y> (12-03-18)
- Older adults who are exposed to light pollution at night are more likely to have insomnia. <http://ow.ly/r6wX30mPS4K> (12-03-18)
- Chinese researcher claims to have edited the genes of twin girls, meets outcry from the scientific community. <http://ow.ly/xAxT30mPSCk> (12-03-18)
- One quarter of diabetics report limiting their insulin use due to out-of-pocket costs, many of whom don't tell their doctor. <http://ow.ly/gnNK30mQRPB> (12-04-18)
- Potential arthritis treatment may become the first that actually protects from further damage rather than just control pain. <http://ow.ly/CXfa30mQSaT> (12-04-18)
- Deep brain stimulation provides immediate improvement for people with depression in a small study. <http://ow.ly/RXqG30mQSdB> (12-04-18)
- Comprehensive genetic study reveals 40 inherited mutations that increase risk of the second deadliest type of cancer. <http://ow.ly/OEL530mQSng> (12-05-18)
- Chemicals commonly found in personal care products may cause girls to hit puberty earlier, raising cancer risk. <http://ow.ly/SoRc30mRIV0> (12-05-18)
- Scientist develop a cheap, 10-minute universal cancer test sensitive enough to detect very low levels of cancer DNA. <http://ow.ly/cQNM30mRJcu> (12-05-18)
- Many people with anorexia are not underweight but still experience the health complications of the disease. <http://ow.ly/5mGx30mSH2n> (12-06-18)
- Diabetics who fast for blood tests are putting themselves and others at risk due to outdated guidelines. <http://ow.ly/1npT30mSH9J> (12-06-18)
- First birth from a transplanted uterus of a deceased donor offers promise of broader availability for similar procedures. <http://ow.ly/ik8T30mSHsn> (12-06-18)
- Medicare extends penalties and incentives to nursing homes based on how often their patients are re-hospitalized. <http://ow.ly/DXp730mSHzB> (12-07-18)
- Sleep deprivation is all too common for hospital patients, but changing practices could help patients get more rest. <http://ow.ly/KYIG30mTw7Z> (12-07-18)
- Vitamin D deficiency in newborns linked to schizophrenia later in life, sun-safe practices may call for supplementation. <http://ow.ly/YM0V30mTCYE> (12-07-18)
- MIT scientists create wasp venom that retains its antibacterial properties but is nontoxic to humans. <http://ow.ly/s0vC30mUC6F> (12-08-18)
- Stand-off between two healthcare giants could result in million of Americans facing surprise emergency room bills. <http://ow.ly/CvYq30mUCew> (12-08-18)

**From AskaPatient: 2018 year-end roundup preview**

We're preparing the year-end highlights of 2018 in healthcare along with the best and worst lists. Here is a sneak peek at the highest rated drugs of 2018. These three drugs received between a 4 and a perfect 5 or a "very satisfied" top score this year, although each has an overall (combined years) lower average rating score.

### TOP 3 RATED DRUGS OF 2018\*

#### 2018 Average

Rating (overall rating)	Drug	Used for:
4.43 (3.3)	<a href="#">ELMIRON</a>	interstitial cystitis
4.33 (3.4)	<a href="#">PREMARIN</a>	hot flashes; menopausal symptoms; hysterectomy
4.22 (3.4)	<a href="#">LAMICTAL</a>	bipolar; mood swings; seizures

\*as of December 9, 2018

Contact AskaPatient at [admin@askapatient.com](mailto:admin@askapatient.com)

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