

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

- Florida county attributes cracking down on rogue sober homes, better community outreach, and Narcan to plunge in opioid deaths. <http://ow.ly/NfjZ30nnroX> (01-21-19)
- Quick, self-administered "happiness" exercises improve mood for those recovering from substance abuse, study finds. <http://ow.ly/8eFv30nnrvW> (01-21-19)
- The vast majority of children have not gotten vaccinated against HPV by the recommended age. <http://ow.ly/X8qT30nnHLn> (01-21-19)
- More than 50 new genetic changes implicated in developing arthritis, getting scientists closer to individualized treatments. <http://ow.ly/6mi630noN2r> (01-22-19)
- Game for mobile devices improves concentration, possible therapeutic benefits for people with ADHD and brain injury. <http://ow.ly/ip4X30noN3p> (01-22-19)
- Short-term study suggests drinking dark roast coffee protects against DNA damage. <http://ow.ly/PTxI30noNb6> (01-22-19)
- Exercise before surgery can protect muscle and nerves from damage after blood supply is restored. <http://ow.ly/P0uR30npFKS> (01-23-19)
- Having ancestors who were frequently exposed to stress can improve immune response to stress in later generations. <http://ow.ly/tKkS30npFN3> (01-23-19)
- Study exposes a link between drug companies that market directly to doctors and an increase in opioid deaths. <http://ow.ly/ET7s30npFPF> (01-23-19)
- When in a stressful situation, having your partner with you, physically or mentally, helps control blood pressure. <http://ow.ly/RJgv30npFVv> (01-24-19)
- Novel drug stops cancer growth by jamming the cells' circadian rhythm while leaving healthy cells alone. <http://ow.ly/g0NZ30nqDbf> (01-24-19)
- FDA grants approval to DNA testing company 23andMe to offer to tell customers if they have a higher risk of colorectal cancer. <http://ow.ly/1Jtz30nqDep> (01-24-19)
- Potentially toxic substances found in diapers in France, manufacturers given 15 days to remove the chemicals. <http://ow.ly/eNli30nqDIL> (01-25-19)
- Not just for babies: getting rocked to sleep helps people sleep deeper and consolidate memories better. <http://ow.ly/GptD30nrr7Z> (01-25-19)
- Scientists discover a strong connection between a common mouth bacteria and Alzheimer's. <http://ow.ly/xvpO30nrrfh> (01-25-19)
- Low zinc levels could increase blood pressure by interfering with how the kidneys process sodium. <http://ow.ly/PLEd30nstqh> (01-26-19)
- Researchers uncover how cancer cells change strategy to nullify a once-promising cancer drug. <http://ow.ly/oL9U30nstqC> (01-26-19)
- Latest statement from FDA Commissioner on ARB (valsartan, losartan, irbesartan) recalls and what the FDA is doing to address the safety issues. <https://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm629796.htm> (01-25-19)

Coming next week: CBD Oil: A Wonder Drug Or Too Early To Tell?

Cannabidiol (CBD) oil seems to be advertised everywhere lately, often touted relieve a slew of ailments. The December 2018 passage of the Farm Bill explicitly removes industrial hemp-derived products (like CBD) from the DEA's controlled substances list. CBD companies, not

surprisingly, are overjoyed. They predict increased availability of cannabinoid products for consumers and also much easier access for health researchers. The FDA, however, issued a "not so fast" kind of statement in reference to the Farm Bill, with a regulatory perspective of implications for CBD products marketed as medicinal treatments or as dietary supplements. Read the FDA's December 2018 statement here: <https://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm628988.htm>

What exactly is CBD and does it really come with all the advertised benefits or is it just a product of deceptive marketing? Please check next week's newsletter for the full article.

Please Vote in our New Opinion Poll:

Which of the following actions to curb e-cigarette use by youths would you support the MOST?

1. **Require that e-cigarettes be FDA-regulated as a nicotine replacement therapy**
2. **Eliminate easy access to flavored versions**
3. **Raise the minimum age from 18 to 21 for purchasing nicotine-containing products**
4. **More restrictions on advertising**
5. **Other**

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