

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

- Regular use of common painkillers improves survival for head and neck cancer patients, study finds. <http://ow.ly/QZo130ntnkW> (01-28-19)
- CDC warns against smuggling pet hedgehogs amid salmonella outbreak across 8 states. <http://ow.ly/PbeB30nto3g> (01-28-19)
- Washington declares state of emergency after more than two dozen people are confirmed with measles. <http://ow.ly/vVDd30nto4e> (01-28-19)
- Updated treatment guidelines for atrial fibrillation recommend new class of anticoagulants to prevent stroke. <http://ow.ly/uJ9W30nuiEs> (01-29-19)
- Poor sleep causes neural glitches that increase pain sensitivity which could lead to further sleep loss. <http://ow.ly/YGEk30nuiER> (01-29-19)
- Judge decides to allow controversial evidence in Monsanto trial that the company had hoped would be excluded. <http://ow.ly/tbxf30nuiGa> (01-29-19)
- Many community hospitals seek to affiliate with larger institutions, but do patients always benefit from the collaboration? <http://ow.ly/IGI330nvg0Y> (01-30-19)
- Binge drinking causes long-term changes in DNA to create powerful alcohol cravings. <http://ow.ly/U3CN30nvg4z> (01-30-19)
- Painkiller manufacturer executives are first to face trial over bribing doctors to prescribe their opioids. <http://ow.ly/iEB730nvgfe> (01-30-19)
- Expandable pill that swells when it hits the stomach can monitor GI conditions for up to a month. <http://ow.ly/DMHa30nwcML> (01-31-19)
- Undercover study says air pollution on cruise ships rivals that of Beijing, Carnival spokesman cites other testing to refute findings. <http://ow.ly/NyNf30nwd4T> (01-31-19)
- Social isolation is becoming more commonplace, and reducing its stress on the body could one day come in pill form. <http://ow.ly/HgZ930nwdpl> (01-31-19)
- Thirty-four patients die in Ohio hospital after excessive pain medicine prescriptions, 23 employees placed on leave. <http://ow.ly/WpE630nxaPk> (02-01-19)
- Former pharmaceutical executive once gave a lap dance to a doctor as part of a bribe scheme, trial witness claims. <http://ow.ly/cuqw30nxb4S> (02-01-19)
- Exercise improves attention and thinking skills in people of all ages, not just older adults. <http://ow.ly/YluG30nxbfl> (02-01-19)
- Many in the UK begin stockpiling drugs with Brexit looming, fearing disruptions in supply chains. <http://ow.ly/POjr30nybb5> (02-02-19)

Stay tuned for feature article on CBD Oil, including a comparison of prescription cannabidiol (FDA-approved for treating two rare forms of epilepsy) with CBD oil products that you are likely to find at online retailers and health food stores.

Please Vote in our Latest 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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