

**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.*

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**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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