

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

- Monthly opioid addiction treatment helps over 40 percent of phase 3 trial participants achieve abstinence. <http://ow.ly/bGfq30nOKMN> (02-25-19)
- Short sleep with an afternoon nap is better for cognitive performance, worse for blood sugar than continuous sleep of same total duration. <http://ow.ly/7Fh030nOKV8> (02-25-19)
- More states are requiring doctors to prescribe an overdose reversal drug when giving 'high risk' patients opioids for pain. <http://ow.ly/RXoR30nOKXE> (02-25-19)
- New non-metallic material can kill over 99 percent of bacteria in water using just sunlight. <http://ow.ly/licM30nQL21> (02-26-19)
- Research team develops an intelligent needle that helps deliver drugs to delicate tissues. <http://ow.ly/H77C30nPMxK> (02-26-19)
- Penn Team cures heart transplant recipients of Hep C from infected donors, introduces infected organs as viable option. <http://ow.ly/texP30nPMY6> (02-26-19)
- AstraZeneca's Lynparza, currently used for ovarian and breast cancers, meets primary goal in late-stage pancreatic cancer trial. <http://ow.ly/PK3B30nQBnP> (02-27-19)
- Spending short amounts of time in urban parks, with or without exercise, reduces stress and mental fatigue. <http://ow.ly/TtMI30nQBsc> (02-27-19)
- Researchers discover why people who are obese and those who have type 2 diabetes are more vulnerable to infection. <http://ow.ly/SGsp30nQByB> (02-27-19)
- Sleep deprivation after having a child affects parents much longer than many people think. <http://ow.ly/Mtl630nQBEZ> (02-28-19)
- Preying on the vulnerable: how some rehab facilities are luring drug users into recruitment positions for a big payout. <http://ow.ly/FLih30nRwpE> (02-28-19)
- Pioneering treatment offers promising results for reversing damage done by Parkinson's disease. <http://ow.ly/6o5c30nRwza> (02-28-19)
- UC Berkeley biologists program yeast to synthesize compounds found in marijuana for a more responsible study source. <http://ow.ly/KO4H30nRwKT> (03-01-19)
- The convoluted financial burden that comes with a cancer diagnosis drains 42 percent of patients' life savings within 2 years. <http://ow.ly/IEp430nRwQk> (03-01-19)
- Study casts doubt on the idea of catching up on lost sleep from the workweek by sleeping more on the weekend. <http://ow.ly/ooCR30nSyjO> (03-01-19)
- Just one short session of exercise reduces growth of colon cancer cells, study finds. <http://ow.ly/wZ6i30nSyo9> (03-02-19)
- Princeton researchers use machine learning to determine genetic influences in hundreds of diseases simultaneously. <http://ow.ly/gZfa30nTtk6> (03-02-19)

Next Week:

1. A look at patient medication guides: how consumer-friendly are they?
2. Drugs that may cause RLS (restless leg syndrome)

Please Vote in our 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

[CLICK TO VOTE!](#)

Each of the options have received votes, but two stand out as being most preferred by our readers so far. Check out the results (if you've voted already): <https://www.askapatient.com/resources/healthcarepoll.asp?PollID=79>

Recent news on this topic:

If you live in Hawaii, California, New Jersey, Oregon, Maine, or Massachusetts, you must be 21 to buy e-cigarettes. Last month, Virginia became the seventh state to raise the smoking age to 21 while in Kentucky, lawmakers rejected the proposal:

<https://www.capitalgazette.com/sns-bc-ky-xgr--kentucky-smoking-age-20190225-story.html>

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