

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

- Smokers who have had a stroke can greatly help themselves avoid a second stroke by quitting smoking. <http://ow.ly/K96e30oM3F2> (05-20-19)
- As most caffeine addicts know, coffee increases bowel activity, but researchers find it suppresses gut bacteria, for better or for worse. <http://ow.ly/OcPj30oM3Gy> (05-20-19)
- Insurers see an increase in mental health claims largely driven by young adults, but the main factor is difficult to determine. <http://ow.ly/Qqbu30oM3NU> (05-20-19)
- Treatment protocols for sepsis need to be updated to account for various subtypes rather than a one size fits all approach. <http://ow.ly/sXwg30oM3Qo> (05-21-19)
- Researchers block a specific protein to halt the progression of an aggressive form of prostate cancer. <http://ow.ly/tFm530oMEA5> (05-21-19)
- Electrified bandage prevents wound infections by stopping the growth of bacterial biofilms. <http://ow.ly/qiH030oMEAb> (05-21-19)
- Observational study suggests that statin use after a concussion in older adults might help protect against dementia. <http://ow.ly/G3QO30oMEAp> (05-22-19)
- Fruit fly study helps researchers uncover genetic factors in drug use and addiction. <http://ow.ly/6AIL30oNgct> (05-22-19)
- CBD may help break addiction by reducing both drug cravings and anxiety with effects lasting 7 days. <http://ow.ly/85F830oNglw> (05-22-19)
- Xenon gas protects the brain from cognitive decline and nerve degeneration following a traumatic brain injury. <http://ow.ly/cJdB30oNgLy> (05-23-19)
- After years of vigilance, Argentina and Algeria are officially labeled malaria-free by WHO. <http://ow.ly/7j9e30oOnnT> (05-24-19)
- Lifting weights can help postmenopausal women fight off hot flashes, clinical trial finds. <http://ow.ly/ScZN30oOnsK> (05-24-19)
- Tens of thousands of cancer cases in the U.S. can be attributed to eating a poor diet. <http://ow.ly/QkOH30oOnvq> (05-24-19)
- New study suggests aspirin is safe for brain bleed stroke victims to take and does not increase risk of a second stroke. <http://ow.ly/Nyqc30oOnAD> (05-25-19)
- As the surgery patient population gets older, do the risks begin to outweigh the benefits? <http://ow.ly/Knly30oOnIb> (05-25-19)

Happy Memorial Day from AskaPatient

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