

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

- Newly approved gene therapy for a rare inherited disease becomes the most expensive treatment at over \$2 million. <http://ow.ly/sl9t30oPH3z> (05-27-19)
- Stimulating specific parts of the brain to either boost or suppress emotion behind memories could improve PTSD treatment. <http://ow.ly/JaTb30oPHhY> (05-27-19)
- High intensity exercise is able to restore heart function after damage from type 2 diabetes. <http://ow.ly/tr1s30oPHnw> (05-27-19)
- Cincinnati researchers develop an objective test that tells you if you are stressed using either blood, sweat, urine, or saliva. <http://ow.ly/6oe930oPHwZ> (05-28-19)
- Elderly heart failure patients who see a pharmacist every week are more likely to take their medicine and have a greater quality of life. <http://ow.ly/8HWt30oPHB1> (05-28-19)
- Review of 21 studies finds changing diet to improve gut health may be able to help reduce anxiety. <http://ow.ly/46OY30oPTZP> (05-28-19)
- WHO classifies burnout as a legitimate medical diagnosis characterized by feelings of exhaustion and mental distance from one's job. <http://ow.ly/Nke430oPU2D> (05-29-19)
- Newly developed compound kills antibiotic resistant superbugs via multiple actions, making resistance harder to develop. <http://ow.ly/SlcG30oQjUU> (05-29-19)
- Fainting during the first trimester of pregnancy could be an indicator of multiple issues for mother and baby. <http://ow.ly/qboT30oQjWC> (05-29-19)
- Scientists create several compounds that could help treat autoimmune diseases by blocking an enzyme thought to be responsible. <http://ow.ly/AcJH30oQk2M> (05-30-19)
- Synthetic version of CBD successfully treats seizures in rats. <http://ow.ly/G8W230oQkbn> (05-30-19)
- Antibiotics found in rivers across 72 countries at levels up to 300 times greater than what is considered safe. <http://ow.ly/w7A130oQKqe> (05-30-19)
- Multi-ethnic study on excessive daytime sleepiness finds areas along the DNA that are influenced by environmental factors. <http://ow.ly/WKAo30oQKw0> (05-31-19)
- Researchers think high-fat diets may contribute to depression by disrupting normal function in the brain. <http://ow.ly/KA0c30oQKGd> (05-31-19)
- Johns Hopkins team discovers a rogue immune system cell that may play a role in the development of type 1 diabetes. <http://ow.ly/wRS830oRabZ> (05-31-19)
- Spending half an hour per day in the sun could help protect against inflammatory bowel disease. <http://ow.ly/a7Ox30oRaej> (06-01-19)
- Different parts of the body respond to light independently from the brain, with possible implications for wellbeing. <http://ow.ly/ggBP30oRCfQ> (06-01-19)

This week at the FDA:

On Friday, May 31, the FDA hosted an all-day public hearing: "Scientific Data and Information about Products Containing Cannabis or Cannabis-Derived Compounds." The FDA panel heard around 100 speakers, including:

1. **Current CBD (cannabidiol) product manufacturers.** Some of the companies sought to reassure the FDA about their quality manufacturing processes. They talked about the huge demand for the products because of healthy benefits and lack of side effects. They also hope to gain FDA regulatory guidance so that they can offer consumers the safest products.
2. **Dietary supplement and health food manufacturers** who would like to get into the business of making CBD products but are waiting for the "green light" and associated guidance from the FDA.
3. **Pharmaceutical companies** like GW Pharma, maker of the only FDA-approved version of CBD, called Epidiolex. They do not think that non-FDA approved CBD should be on the market because of safety and dangerous side effect concerns.
4. Various **members of the public** who expressed different opinions about efficacy and potential availability for these products.

When the FDA makes more information about the hearing or regulatory decisions available, we will post a summary and a link. Some of the companies expressed frustration that U.S. laws make it hard to do the research that is needed on cannabis product efficacy for medical use because they must import plants for their studies instead of using U.S.-grown plants.

Confused about just what CBD oil is and how it differs from the recently-approved Rx CBD? Check out

<https://www.askapatient.com/news/cbd-oil-drug-comparison.asp>

Recent articles you may have missed:

- **The latest news about blood pressure drug recalls, including valsartan and other ARBs:**

<https://www.askapatient.com/news/generic-api-valsartan-worldwide-recall.asp>

As of May 3, 2019 there are only **32 drugs that have been tested and are not under recall** and 397 products that are still being marketed but are "under review" with a status of "to be determined." **As of May 31, the list of recalled products contains 1,114 products/lot numbers.** Searchable recall list at FDA: "[Full list of recalled angiotensin II receptor blockers \(ARB\).](#)"

- **HHS and Drug Price Transparency, FDA Black Box Warning on Sleep Medications, and FDA Warning to INOVA Genetics Testing ("MediMap") Lab**

<https://www.askapatient.com/news/fda-drug-prices-blackbox-inova-warning.asp>

- **Why are so many patients prescribed gabapentin (brand name Neurontin)?**

<https://www.askapatient.com/news/increase-in-gabapentin-prescriptions.asp>

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