

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

- Dentists are responsible for 10 percent of all antibiotics prescriptions, but 81 percent of them are unnecessary. <http://ow.ly/bAr830oS8Mq> (06-03-19)
- One class of antidepressants shows effectiveness against multiple infectious diseases. <http://ow.ly/2nxs30oS8PY> (06-03-19)
- Children who nap during the day are happier, have fewer behavioral problems, and perform better academically. <http://ow.ly/OXic30oS8VB> (06-03-19)
- Cleaning your teeth may delay Alzheimer's disease by removing bacteria that can travel to the brain to wreak havoc. <http://ow.ly/rdCW30oS8SL> (06-04-19)
- Long-term use of a popular class of heartburn drugs increases the risk of heart and kidney disease and stomach cancer. <http://ow.ly/KDvf30oS8U1> (06-04-19)
- Medicinally controlling high blood pressure can delay dementia onset, researchers find. <http://ow.ly/3j8m30oS8z4o> (06-04-19)
- Sanofi loses another patent case against drugmaker Amgen in an attempt to protect its cholesterol drug business. <http://ow.ly/hMXj30oS8SZ7> (06-05-19)
- Smartphone app cuts headache days for migraine sufferers using a novel relaxation technique. <http://ow.ly/nTTi30oS8ZTI> (06-05-19)
- Doctors warn melanoma can even occur on skin with minimal sun exposure. <http://ow.ly/6nL430oS8ZYk> (06-05-19)
- Fifteen minutes of meditation has similar effects on mindfulness as a whole day of vacation. <http://ow.ly/VfnM30oTrtO> (06-06-19)
- Researchers develop a heart patch grown from living cells that helps the heart pump following a heart attack. <http://ow.ly/aVw730oTrul> (06-06-19)
- Ohio doctor charged with 25 counts of murder from ordering excessive amounts of opioids. <http://ow.ly/vohj30oTrvH> (06-06-19)
- Scientists identify mutations in 12 genes that are thought to play a primary role in multiple sclerosis. <http://ow.ly/y0k530oTLr1> (06-07-19)
- High blood sugar in diabetics damages the lining of blood vessels, initiating vascular damage to other organ systems. <http://ow.ly/w2OC30oTLvj> (06-07-19)
- Focused ultrasound temporarily opens the blood brain barrier to allow Parkinson's drug to restore dopaminergic pathway. <http://ow.ly/aTTh30oTLwm> (06-07-19)
- New class of radiopharmaceuticals can detect nearly 30 different types of malignant tumors. <http://ow.ly/iRjX30oUbQT> (06-08-19)
- Muscle atrophy from aging and muscle disorders may be slowed by interrupting an enzyme that causes collagen breakdown. <http://ow.ly/JU5q30oUbQV> (06-08-19)

**Cool Tools for Your Health – Nutrients and Ingredients Database**

**USDA's Food Composition Database for Nutrients** lets you search for ingredients or nutrients contained in various categories of foods, including meats, fruits, vegetables, baby foods, dairy foods, cereals, snacks, restaurant items, and more. Searchable items include various vitamins and minerals, calcium, fiber, and even sugar and caffeine.

For example, suppose you want to make sure your diet includes foods that contain vitamin D3 (important for healthy bones).

Here's how to get a list of such foods using the database:

Find the nutrient "Vitamin D3" in the nutrients drop-down menu, then choose the categories of food to be included in search results. For this example, we included the food groups Dairy and Egg Products, Finfish and Shellfish Products, Legumes and Legume Products, and Poultry Products. Choosing a food group is optional, but since items like spices are included, you may not get the desired results if you include all products. In our example, it is clear that fish is an excellent source of vitamin D3. Here are some of the foods with the highest levels of vitamin D..

	<b>Vitamin D3</b>
<b>Food (serving)</b>	<b>(micrograms)</b>
Fish, halibut, Greenland, raw	27.40
Fish, mackerel, salted	25.20
Fish, carp, raw	24.70
Fish, eel, mixed species, raw	23.30
Salmon, sockeye, canned, drained solids, without skin/bones	21.50
Fish, salmon, sockeye, canned, drained solids	21.00
Fish, trout, rainbow, farmed, cooked, dry heat	19.00
Salmon, sockeye, canned, total can contents	19.00
Fish, salmon, chinook, smoked	17.10
Fish, salmon, sockeye, cooked, dry heat	16.70
Fish, swordfish, cooked, dry heat	16.60

Fish, sturgeon,  
mixed species, 16.10  
smoked

Fish, mackerel,  
Atlantic, raw 16.10

Fish, trout,  
rainbow, farmed, 15.90  
raw

Source: USDA National Nutrient Database for Standard Reference Ranked by amount of Vitamin D3 (cholecalciferol) In general, serving size for above foods = 3 oz.

**1. Search for nutrients here:** <https://ndb.nal.usda.gov/ndb/nutrients/>

**2. To search for nutrient and ingredient information by brand name (such as "Oreo"), use this link at "Food Data Central"**  
<https://fdc.nal.usda.gov/fdc-app.html#/> (newer version of database; works best with desktop computer) or  
<https://ndb.nal.usda.gov/ndb/search/list>

More than 304 products have the word "oreo" in them.

You may also search for ingredients at the above links. For example, "titanium dioxide" has recently been linked to inflammation in the colon. These nanoparticles are commonly used in foods and medicines as a whitening agent. More than 15,000 products in the Food Data Central Database contain the ingredient "titanium dioxide".

- More reading on this topic: "Common food additive found to affect gut microbiota":

<https://www.sciencedaily.com/releases/2019/05/190513123017.htm>

Contact AskaPatient at [admin@askapatient.com](mailto:admin@askapatient.com)

[Subscribe](https://www.askapatient.com) or visit us at <https://www.askapatient.com>

Send newsletter feedback or suggestions to [AskaPatientNews@askapatient.com](mailto:AskaPatientNews@askapatient.com)

[unsubscribe from this list](#)



Copyright © \*|CURRENT\_YEAR|\* AskaPatient ®