

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

- Colorado's \$100 monthly insulin price cap generates interest in other states amid price spikes. <http://ow.ly/itAb30oUwWZ> (06-10-19)
- Irregular sleep patterns, not just short nights, can increase the risk of obesity, high blood pressure, and high cholesterol. <http://ow.ly/4kkM30oUx3Z> (06-10-19)
- Three deaths in England are linked to food poisoning from pre-packaged sandwiches from hospitals. <http://ow.ly/Nb1d30oUx6t> (06-10-19)
- Preliminary study findings indicate millions of deaths worldwide are attributable to low fruit and vegetable consumption. <http://ow.ly/ubJM30oUx3p> (06-11-19)
- Sleeping with the television on could be a risk factor for weight gain, questionnaire study suggests. <http://ow.ly/NrW330oV1ol> (06-11-19)
- High levels of rare bacteria is associated with restless leg syndrome, a small study finds. <http://ow.ly/ajx530oV1qx> (06-11-19)
- An unhealthy gut helps cancer spread much more rapidly to other parts of the body, new cancer research discovers. <http://ow.ly/9Bwt30oV1t0> (06-12-19)
- Anti-malarial drug could help mitigate genetic hearing loss by fixing a malfunctioning protein. <http://ow.ly/2J2T30oVotR> (06-12-19)
- Type A blood converted into universal donor blood using enzymes from bacteria. <http://ow.ly/PmfN30oVouR> (06-12-19)
- Scientists identify and synthesize compounds in scorpion venom that could help treat drug-resistant infections. <http://ow.ly/7hLf30oVRPi> (06-13-19)
- A new technique can identify bacterial contamination within minutes rather than the days it typically takes. <http://ow.ly/E5Hn30oVRQ1> (06-13-19)
- Many trauma patients experience social dysfunction, even if their injury did not directly affect the brain. <http://ow.ly/tBHS30oVRRo> (06-13-19)
- Even in young children, higher body weight translates to higher blood pressure, raising the risk of future health problems. <http://ow.ly/Vfec30oWg7Q> (06-14-19)
- Michigan prosecutors drop charges for Flint's deadly water contamination to allow for a more thorough investigation. <http://ow.ly/Xdnc30oWg9b> (06-14-19)
- Researchers develop a vaccine that could potentially prevent cognitive decline from Alzheimer's. <http://ow.ly/KlaD30oWgbc> (06-14-19)
- Listening to music acutely reduced pain and fatigue in breast cancer survivors in a recent study. <http://ow.ly/Bq8C30oWFog> (06-15-19)
- Vagus nerve stimulators help reduce rheumatoid arthritis symptoms in a small study. <http://ow.ly/GU0j30oWFow> (06-15-19)
- Spending 2 hours per week in nature appears to be the threshold for promoting good health and wellbeing. <http://ow.ly/neFE30oWFoJ> (06-15-19)

FDA News Releases:

- FDA warns of bacterial infections and at least one death from fecal transplants (June 13, 2019) FDA [Press Release](#)
- Teva announces yet another valsartan recall (June 12, 2019) FDA [Press Release](#) Also, check out AskaPatient's updated article on ARB blood pressure drugs and the [valsartan recall debacle](#).

AskaPatient Newsletter News

Tom's last news roundup: **A big thank you** to Tom Williams, AskaPatient's health care news sleuth for more than five years. Tom scanned hundreds of research and health policy news sources each week, choosing just the right mix of quirky, breakthrough, and vitally important stories to share with our newsletter readers and Twitter followers. His compelling one-sentence summaries of the news will be missed!

This summer, the format of news briefs may change, but we will still feature short articles on health care, FDA, or drug-related topics. What would you like to see in the newsletter? Contact admin@askapatient.com with your comments and suggestions.

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