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**Here are some recent health care stories from AskaPatient's news feed. We are on vacation from regular news tweets this week.**

[- Moments of clarity in dementia patients at end of life: Glimmers of hope?](#)

It happens unexpectedly: a person long thought lost to the ravages of dementia, unable to recall the events of their lives or even recognize those closest to them, will suddenly wake up and exhibit surprisingly normal behavior, only to pass away shortly thereafter.

[- Teens who can describe negative emotions can stave off depression](#)

Teenagers who can describe their negative emotions in precise and nuanced ways are better protected against depression than their peers who can't.

[- Custom menopause hormones have unpredictable ingredient mix](#)

(Reuters Health) - Women who fill prescriptions for custom-blended hormone therapy may get capsules or creams that don't contain the correct amount of medicine, a recent study suggests.

[- Response to gene-targeted drugs depends on cancer type](#)

Cancers with the same genetic weaknesses respond differently to targeted drugs depending on the tumour type of the patient, new research reveals. The study is set to prompt changes in thinking around precision medicine.

[- Blood pressure drug linked with increased risk of bowel condition](#)

A type of blood pressure lowering medication, called a calcium-channel blocker, may be linked with an increased risk of a type of bowel condition called diverticulosis.

[- Trump Has Blessed States' Exploration Of Importing Drugs. Will It Catch On?](#)

Colorado, Florida and Vermont — with the support of President Donald Trump — are exploring plans to bring drugs across the border from Canada to help lower costs.

[- Low levels of "bad" \(LDL\) cholesterol can actually be "too low"](#)

Very low LDL cholesterol is associated with higher incidence for hemorrhagic stroke, according to this Penn State study.

Read more news briefs on health topics related to pharmaceuticals, seniors, children, FDA, and mental health at our web site at [Pharm News](#).

**New Advice from FDA on "Best Choices" for Fish and Shellfish**

This week, the FDA released revised information for pregnant women about the benefits of fish as part of a healthy diet. The advice promotes the science-based recommendations of the *2015-2020 Dietary Guidelines for Americans*. The *Guidelines* recommend that all people age 11 and up eat at least 8 ounces (two 4-oz servings) of fish or shellfish per week.

In the FDA release, pregnant women and those breast feeding are advised to eat 2 -3 servings of fish per week from choices that are lower in mercury. The release includes a chart with fish choices that are identified as "best," "good," or "choices to avoid." Examples of fish to avoid because of higher mercury levels include king mackerel swordfish and bigeye tuna. See sources list at the bottom of this article to link to the complete list of recommendations, "Advice About Eating Fish."

The chart below presents eight of the ten most popular kinds of seafood consumed in the U.S. These eight are also on the FDA's "best choices" list because they contain lower levels of mercury. The second column identifies the best "ocean friendly" sources, including regions of the U.S., world, and/or fishing methods, while the third column has "good" alternative ocean friendly sources. Buying more sustainable seafood helps put less strain on the fish populations.

| <b>Most Popular Types of Seafood on FDA "Best Choices" List</b> |                              |  |
|---|------------------------------|--|
| <b>Healthy Seafood (2-3 servings a week)</b>                    | <b>Ocean Friendly Source</b> | <b>Good Alternative Source</b>                   |
| <b>Shrimp</b><br><a href="#">17 types</a>                       | U.S. Farmed                  | Canada and U.S wild; Ecuador and Honduras farmed |

|   |  |   |
|---|--|---|
| <b>Salmon</b><br><a href="#">13 types</a>                                       | New Zealand/Wild Alaskan canned                  | Atlantic (BC and ME farmed); CA, OR, WA               |
| <b>Tuna, Canned (light, such as skipjack)</b><br><a href="#">2 types canned</a> | none for canned                                  | all canned ok   |
| <b>Tilapia</b><br><a href="#">3 types</a>                                       | Canada, Ecuador, Peru, U.S.                      | Colombia, Honduras, Indonesia, Mexico, Taiwan         |
| <b>Cod</b><br><a href="#">4 types</a>   | Pacific (Alaska)                                 | Atlantic (lowest mercury)(handlines, poles and lines) |
| <b>Catfish</b><br><a href="#">4 types</a>                                       | U.S. Farmed                                      | Basa or Tra variety                                   |
| <b>Crab</b><br><a href="#">10 types</a>   | Blue (MD), King, Snow, Tanner (AK); Stone (U.S.) | Blue (AL, DE, NJ and MD pots)                         |
| <b>Clams</b><br><a href="#">9 types</a><br>Oysters, mussels also good choices   | all ocean friendly                               |   |

Seafood is listed in descending order of popularity, based on per capita consumption rates, 2017 (National Fisheries Institute). Seafood is only included that is also listed as a "Best Choice" on the FDA's "Advice about Eating Fish" publication. "Types" links to the EDF Seafood Selector detail. Chart compiled by AskaPatient.com

**Sources for Chart:**

-- **FDA's "Advice about Eating Fish"** - for women who are or might become pregnant, breastfeeding mothers, and young children. The brochure's nutrition advice is applicable to everyone and is based on the [2015-2020 Dietary Guidelines for Americans](#). Prepared by the FDA and Environmental Protection Agency (EPA). Includes chart of fish choices, including fish to avoid. <https://www.FDA.gov/fishadvice>.

--Ten most popular seafoods based on per capita consumption rates. The average U.S. consumer eats 14 pounds of seafood per year. **National Fisheries Institute:** [AboutSeafood.com/about/top-ten-list-for-seafood-consumption/](http://AboutSeafood.com/about/top-ten-list-for-seafood-consumption/).

-- Monterey Bay Aquarium **SeafoodWatch Program**. Provides charts with ocean-friendly, sustainable seafood choices, along with an app you can use when you dine at restaurants or shop for seafood. [Downloadable Guide](#) or [Search for Seafood or Sushi](#) or information on the [app](#). The app contains additional information, such as "eco-certifications," which are also on the EDF site.

-- [EDF Seafood Selector](#). "Fish that is good for you and the ocean." The **EDF Seafood Selector** site has a small picture of each fish, along with its eco-rating and mercury level rating that are coordinated with the Seafood Watch Program. It also tells you where the fish is sourced from, capture methods, and recommended servings per month.

**More Reading:**

-- Epicurious: "The Best Canned Tuna for You and the Planet." Explains why bycatch is the big problem with tuna fishing: the "purse seine method" of using giant nets catches sea life other than tuna. If the product package indicates how it was caught, look for "pole-and-line caught" or "troll caught" or "MSC-certified" seal. Provides links to brand comparisons. [Epicurious](#), May 22, 2017.

-- Marine Stewardship Council: <https://www.msc.org/what-you-can-do/buy-sustainable-seafood>

Lists global partners, such as Aldi, that sell fish with the "MSC" blue label. The MSC Fisheries Standard is used to assess if a fishery is well-managed and sustainable. In the United Kingdom, use the [Marine Conservation Society – UK website](#).

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