

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

- The pharmaceutical industry is the most poorly regarded industry in the US, according to a recent Gallup poll. This is its lowest rating in the history of the poll, which began in 2001. <https://news.gallup.com/poll/266060/big-pharma-sinks-bottom-industry-rankings.aspx>
- Facebook will now direct users who are searching for vaccine information to public health pages. [https://www.theguardian.com/society/2019/sep/04/facebook-to-redirect-anti-vaccine-searches-to-public-health-pages ...](https://www.theguardian.com/society/2019/sep/04/facebook-to-redirect-anti-vaccine-searches-to-public-health-pages...)
- Genetic regions associated with left-handedness have been identified, according to a new study published in *Brain*. For at least 10,000 years, the human population has been about 90% right-handed and 10% left-handed. [https://academic.oup.com/brain/advance-article/doi/10.1093/brain/awz257/5556832 ...](https://academic.oup.com/brain/advance-article/doi/10.1093/brain/awz257/5556832...)
- While dairy milk consumption in the U.S. continues to decline, cheese consumption is up. Here is a ranking of cheeses, from healthiest to least healthy, along with recommended cheeses for different health needs. <https://www.telegram.com/entertainmentlife/20190903/from-feta-to-american-slices-ranking-of-cheeses-by-healthfulness>
- Four modifiable risk factors: body mass index, diet, alcohol consumption, and diuretic use-- have important roles in the development of gout, which is the most common form of inflammatory arthritis worldwide. https://www.eurekalert.org/pub_releases/2019-09/w-mrf090419.php
- Professors from George Mason University and Harvard proposed a 3-step solution to Medicare prescription drug price negotiations. https://www.eurekalert.org/pub_releases/2019-09/gmu-nat090419.php
- "Can bugs be drugs? The potential of probiotics and prebiotics as treatment for non alcoholic fatty liver disease." Review article: <https://onlinelibrary.wiley.com/doi/full/10.1111/apt.15416>
- Johns Hopkins is opening "The Center for Psychedelic and Consciousness Research." Privately funded, it will look at treatments for opioid addiction, Alzheimer's disease, post-traumatic stress disorder, eating disorders and depression. <https://www.baltimoresun.com/health/bs-hs-hopkins-psychedelic-research-center>
- How do we know if a patient's brain is aging normally or developing a disease? A new MRI technique may help doctors distinguish molecular signs of normal aging from early signs of diseases like Alzheimer's or Parkinson's. <https://www.sciencedaily.com/releases/2019/09/190905094046.htm>
- Regularly eating mushrooms may lower prostate cancer risk, according to a Japanese study of more than 36,000 men aged 42 - 79. <https://www.sciencedaily.com/releases/2019/09/190905080106.htm>

- The FDA approved Ofev (nintedanib) capsules for patients who have interstitial lung disease from scleroderma (SSc-ILD). Scleroderma is a rare disease that causes tissues throughout the body to thicken and scar. Approximately 100,000 people in the United States have scleroderma, with about half of those patients also having SSc-ILD.

<https://www.fda.gov/news-events/press-announcements/fda-approves-first-treatment-patients-rare-type-lung-disease>

- Here are some popular web sites for doctor ratings and reviews. We look at ease of use, cost, conflicts of interest, and caveats.

<https://www.askapatient.com/news/doctor-ratings-sites>

- Risky surgeries can lead to serious complications. Here is a tool for comparing surgeon's complication rates. Check out "Finding the Right Surgeon Part I."

<https://www.askapatient.com/news/surgeon-ratings-sites>

Investigation Continues into Serious Lung Disease Linked to E-Cigarettes ("Vaping")

The U.S. Centers for Disease Controls (CDC) continues to investigate serious lung illness related to e-cigarette use. As of September 6, 2019, at least 450 cases of the lung illness and five deaths have been reported.

- **Reported symptoms include:**

- cough, shortness of breath, or chest pain
- nausea, vomiting, or diarrhea
- fatigue, fever, or weight loss

- **Time frame for symptoms to develop:**

Some patients have reported that their symptoms developed over a **few days**, while others have reported that their symptoms developed over **several weeks**.

- **What kind of infection or disease is it?**

It is still a mystery, but pulmonary infection does not appear to be causing the symptoms, which have generally **not** improved with antibiotic treatment alone. Emerging evidence suggests that oil-type ingredients in the vaping products may be settling in the lungs, causing lipid pneumonia. Vitamin E acetate has been found in some of the cannabis-containing vape products.

- **Recommendations:**

The public is asked to consider not using e-cigarette products as the investigation continues. Youth, young adults, and pregnant women should not use e-cigarette products.

If you do use the products, do not buy these products off the street (for example, e-cigarette products with THC or other cannabinoids). Do not modify e-cigarette products or add any substances to these products that are not intended by the manufacturer.

- **Where to report problems:**

CDC and FDA encourage the public to submit detailed reports of any unexpected health or product issues related to tobacco or e-cigarette products to the FDA via the online [Safety Reporting Portal](#). You may also call the Poison Control Center at 1-800-222-1222.

Health care providers are encouraged to report possible cases of e-cigarette-associated pulmonary disease to their local or state health department for further investigation.

- **More Information**

- CDC Information updated September 6, 2019: https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html

Written Transcript and audio recording of CDC September 6, 2019 [telebriefing](#).

- How to tell if your vape cartridge is counterfeit <https://amp.benzinga.com/amp/content/14368455>

- More about the vitamin E contaminant found in vaping products: [Washington Post](#)

Next week: [Finding the Right Surgeon - Part 2](#)

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