

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

- Study reports a 13-fold increase in rates of chronic high blood pressure in pregnant women since the 1970s, partly because women are having children 4-5 years later, on average.

https://www.eurekalert.org/pub_releases/2019-09/aha-nop090419.php

- Study compared narcissistic traits of college freshmen at age 18 and then 23 years later at age 41. Those with more vanity at age 18 were prone to unstable relationships and more likely to be divorced by middle age; but they were healthier.

<https://www.sciencedaily.com/releases/2019/09/190911113019.htm>

- University of Pittsburgh analysis of tweets about "JUUL" found that about 20% of the postings mentioned symptoms of nicotine dependence.

<https://medicalxpress.com/news/2019-09-tweets-nicotine-symptoms-juul-users.html>

- Ohio State University's series of three maps with color-coding by county illustrates an alarming increase in suicides in the U.S. between 2002 and 2016 - especially in rural counties.

<https://www.latimes.com/science/story/2019-09-06/economic-hardship-suicide-rates>

- New technique could allow more time for liver organ donations to get to patients. Sub-zero storage up to 27 hours could be possible.

<https://scienceblog.com/510377/scientists-triple-storage-time-of-human-donor-livers/>

- Swedish study identifies the scientific reason we gain weight as we get older.

<https://www.sciencedaily.com/releases/2019/09/190909193211.htm>

- An experimental blood test was able to diagnose, with 77% accuracy, post-traumatic stress disorder (PTSD) in male combat veterans.

<https://finance.yahoo.com/news/experimental-blood-test-accurately-screens-144200248.html>

- FDA says low levels of the carcinogen NDMA were found in the drug Zantac. H2 blocker alternatives for stomach acid include Pepcid and Tagamet. Read our story on choosing an OTC heartburn medicine:

<https://www.askapatient.com/news/otc-heartburn-stomach-acid-treatments.asp>

[FDA release on Zantac](#)

- A new analysis of data from more than 100,000 women with breast cancer suggests that all kinds of menopausal hormone therapy (except topical) increase the risk of breast cancer, and that risks are greater for users of estrogen-progesterone hormone therapy than for estrogen-only hormone therapy. Authors note there is still not enough information on women who had used MHT for long periods and had stopped more than 15 years ago.

<https://www.sciencedaily.com/releases/2019/08/190829184148.htm>

- The FDA issued a warning about advanced breast cancer treatments Ibrance ([Ibrance ratings](#)), Kisqali, and Verzenio. In rare cases the drugs may cause severe inflammation of the lungs. Drug packaging has been

changed to note this risk.

<https://www.fda.gov/safety/medwatch-safety-alerts-human-medical-products/ibrance-palbociclib-kisqali-ribociclib>

- The Trump administration wants to clear the market of unauthorized, non-tobacco flavored e-cigarettes by stepping up regulation of the products by the FDA.

<https://www.fda.gov/news-events/press-announcements/trump-administration-combating-epidemic-youth-e-cigarette-use->

Finding the Right Surgeon – Part II

In [Part I](#) of this article, we discussed some of the factors to consider when choosing a surgeon, along with information about surgeon ratings web sites.

[Part II of this article](#) covers resources you can use to learn more about your surgery, surgeon, and potential hospitals, including:

- **Surgery reference books at your local library that provide authoritative information**
- **Web sites for surgery information, educational videos, and patient discussion forums**
- **Web sites for hospital rankings and surgeon credentials information**

If you need to "do your homework" on a procedure like appendectomy, breast surgery, cesarean section, coronary artery bypass, cosmetic surgery, gallbladder surgery, hysterectomy, hernia repair, lower back surgery, prostatectomy, tonsillectomy, or any other surgery, please check out the article (which is too lengthy to post here) on our web site: [Finding the Right Surgeon - Part II](#)

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