In the News

OCTOBER 2016

**Water vs Diet Drinks for Overweight Women With Type 2 Diabetes**
HealthDay News -- For overweight and obese women with type 2 diabetes, replacement of diet beverages with water is associated with greater weight reduction and improvements in glucose metabolism, according to a study published in Diabetes, Obesity and Metabolism. Learn more and earn CME. Don't miss it! [CVDPrevention.BaptistHealth.net](http://CVDPrevention.BaptistHealth.net)

**AHA: Recommendations for Statin Interaction With Other Cardiovascular Medications**
HealthDay News -- Statins can interact with other drugs prescribed for cardiovascular disease, but there are ways to navigate the issue, according to new recommendations from the American Heart Association (AHA) published in Circulation.

**Role of Sodium Intake in Preventing Hypertension**
The link between dietary sodium intake and blood pressure has been established by numerous clinical studies over the last 30 years. The connection is strongest between excess sodium intake and hypertension, but decreasing sodium intake can also lower blood pressure in “high normal” or prehypertensive individuals.

**Vegetarian Diet May Not Lower Risk for Cardiovascular Disease**
HealthDay News -- Vegetarians appear to have no significantly lower risk of cardiovascular disease (CVD) over 10 years compared with those who eat meat, according to a study presented at the annual meeting of the American College of Gastroenterology in Las Vegas. Learn more and earn CME. Don't miss it! [CVDPrevention.BaptistHealth.net](http://CVDPrevention.BaptistHealth.net)

**The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General**
Surgeon general cites diabetes, cancers among illnesses. Learn more and earn CME.

**Changing Trends in the Use of Glucose-Lowering Drugs for Type 2 Diabetes**
HealthDay News -- For patients with type 2 diabetes, the use of glucose-lowering drugs changed from 2006 to 2013, but glycemic control has not changed, according to a study published in Diabetes Care. Learn more and earn CME.

**Hypothyroidism Symptoms Linger Despite Medication Use, Normal Blood Tests**
About 15 percent of the 10-12 million people in the U.S. with hypothyroidism, or an underactive thyroid, continue to feel sick despite following the standard of care recommended by the American Thyroid Association. Physicians routinely prescribe levothyroxine, a synthetic thyroid hormone, adjusting the dose until blood levels of thyroid-stimulating hormone (TSH) stabilize.
Dysfunction in Neuronal Transport Mechanism Linked to Alzheimer's Disease
Researchers at University of California San Diego School of Medicine have confirmed that mutation-caused dysfunction in a process cells use to transport molecules within the cell plays a previously suspected but underappreciated role in promoting the heritable form of Alzheimer's disease (AD), but also one that might be remedied with existing therapeutic enzyme inhibitors.

Tax Soda To Fight Obesity, WHO Urges Nations Around The Globe
The World Health Organization has already urged us to cut back on sugar, limiting added sugars to no more than 10 percent of our daily calories.
Learn more and earn CME. Don't miss it! CVDPrevention.BaptistHealth.net

New Model for Understanding Myeloma
All cancers originate from an earlier, or precursor, state -- such as a benign or asymptomatic condition. To develop new approaches to cancer prevention, scientists have attempted to grow tumor cells from precursor states in animal models. Myeloma -- a type of cancer that forms in white blood cells -- is an example of a cancer that is preceded by a condition called monoclonal gammopathy.
Learn more and earn CME. Don't Miss It! MiamiCancerInstitute.com/FrontiersinOncology

Calcium Supplements May Damage the Heart
Taking calcium in the form of supplements may raise the risk of plaque buildup in arteries and heart damage, although a diet high in calcium-rich foods appears be protective, say researchers at conclusion of their study that analyzed 10 years of medical tests on more than 2,700 people.
Learn more and earn CME. Don't miss it! CVDPrevention.BaptistHealth.net

Neoadjuvant Immunotherapy Prior to Surgery is Safe, Feasible in Early Lung Cancer
Neoadjuvant immunotherapy with the PD-1 inhibitor nivolumab is safe and feasible prior to surgery for early lung cancer, researchers reported at the ESMO 2016 Congress in Copenhagen.
Learn more and earn CME. Don't Miss It! MiamiCancerInstitute.com/FrontiersinOncology

FDA Green-lights First 'Artificial Pancreas' for Type 1 Diabetes
Officials with the US Food and Drug Administration (FDA) have approved the first device that automatically monitors glucose and provides appropriate basal insulin doses in people with type 1 diabetes aged 14 years and older.
Learn more and earn CME. Don't Miss It! DiabetesSymposium.BaptistHealth.net