



## 10. Primary Care Providers Needed

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Researchers concluded that the United States needs more primary care providers able to make “house calls” to meet the needs of elderly patients, who are often homebound and unable to easily access medical care in a traditional clinic setting. The investigators found that nearly 7,000 clinicians provided millions of home visits to Medicare recipients in 2013, but many more are needed to meet demand.

## 09. Screening for Alcohol Abuse

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The United States Preventive Services Task Force (USPSTF) released recommendations that all adolescents and adults should be screened for alcohol abuse. Unhealthy alcohol use is defined as more than 4 drinks per day or 14 drinks per week for men, or more than 3 drinks per day or 7 drinks per week for women.

## 08. Early Obesity Contributes to the Risk of Cancer

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A study published in the Morbidity and Mortality Weekly Report found that obesity contributes significantly to the risk of various cancers later in life. At one end of the spectrum, early obesity was found to increase risk of thyroid cancer by 12%. At the other end, the risk of esophageal adenocarcinoma, which is associated with GERD, was increased by 88%

## 07. U.S. Life Expectancy Dropped

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CDC latest reports showed that U.S. life expectancy dropped further from last year to 78.6, pushed down by a sharp annual increase in suicides, opioid overdose, and citing pneumonia, influenza, diabetes heart disease, cancer, stroke, and Alzheimer’s among the top 10 causes of death in the United States. Looking further at the data showed 16% in suicides in urban areas and a striking 53% increase in rural since the year 1999 making the issue of mental health advocacy of growing importance.

## 06. Eating Red Increases Heart Disease risks.

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Recent studies from the European Heart Journal and Journal of Clinical Investigation found that eating a chronic red meat diet produces more of a chemical called TMAO which has been shown to increase heart disease risk. It is a compound released by gut bacteria as they digest food. TMAO was also shown to alter kidney function, more specifically the clearance of creatinine. The findings supported the current dietary recommendations for all ages that encourages an eating plan which is low in red meat.



## 05. E-cigarettes increase risk of heart attacks

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A study published in the American Journal of Preventive Medicine suggests that the daily use of e-cigarettes nearly doubles the risk of heart attack compared to non-smokers. Moreover, the concomitant use of traditional cigarettes and e-cigarettes was found to increase the risk of heart attack fivefold.

## 04. Colorectal Cancer Cases in People Younger than 50

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It has been reported in recent years that the number of colorectal cancer cases among people younger than 50 is increasing. A study published in JAMA Oncology has identified obesity as a possible contributing factor. The study suggests a link between obesity and the risk for early-onset colorectal cancer in women younger than 50.

## 03. Physical Inactivity Increases risk of Diabetes

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Abrupt periods of physical inactivity may incite diabetes symptoms in older adults who are at risk for diabetes, according to a study published in The Journals of Gerontology, Series A. The data suggest that just two weeks of relative inactivity can cause blood glucose and insulin levels to rise significantly in adults with prediabetes, often leaving those patients unable to rebound to their usual states of health.

## 02. Mediterranean Diet

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This year's U.S. News & World Report ranking of diets revealed a tie for the top spot, between the DASH (Dietary Approaches to Stop Hypertension) diet and the Mediterranean diet. Both emphasize fruits, vegetables, whole grains, lean proteins, and moderate to no alcohol intake. The two diets also tied for first place as the best diet for people with diabetes. However, the Mediterranean diet was ranked as the easiest to follow. In addition to weight loss, the Mediterranean diet has been linked to a reduction in the incidence of various diseases, including heart disease and certain cancers. As Healthcare professionals looked to provide the best advice to patients seeking to improve their dietary health, "Mediterranean diet" wound up being one of the top medical news stories of 2018.

## 01. Aspirin and Cardiovascular Diseases

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The Aspirin to Reduce Risk of Initial Vascular Events (ARRIVE) trial included 12,500 adults with presumed moderate risk for heart disease but without any evident heart disease. The results indicated that a daily dose of aspirin (100 mg) did not reduce the long term risk for cardiovascular or cerebrovascular events nor the risk for stroke. However daily aspirin was associated with more gastrointestinal bleeding, it did not affect overall mortality nor increase fatal bleeding incidents. Experts are reevaluating the role of this medication. They are emphasizing other strategies to reduce risks, such as weight loss, exercise, blood pressure management, and nicotine cessation.