

Number Check | #✓

Heartburn Drugs Doing More Harm than Good?

1 in 14

The number of Americans who have used proton pump inhibitors (PPIs), an over-the-counter medication, to treat heartburn. Long-term PPI usage is linked to heart disease, kidney disease, and dementia. A new study published in *Circulation* sought to find the potential molecular mechanism that may account for the negative health effects caused by PPIs. Ultimately, the study found evidence that the negative health effects of PPIs may be due to the premature aging of the endothelial cells that line the interior of blood vessels.



Source: Medical News Today, May 11, 2016.



Depression More Common in Heart Attack Patients

14%

The percentage of heart attack patients found to have symptoms of depression, versus 7% of those who had never had a heart attack. Symptoms of depression or exhaustion were associated with a doubled risk of heart attack. Only 16% of depressed heart attack patients were prescribed antidepressants, compared with 42% of depressed people who had not had a heart attack.

Source: European Society of Cardiology, News release, April 16, 2016.

Family Dinners = Healthier Kids

20 minutes

The minimum amount of time, 4 days per week, that family dinners should last in order to help children reach a healthy weight. These children weigh significantly less than peers whose family dinners were 3 or 4 minutes shorter.

Source: University of Illinois at Urbana-Champaign, News Release, April 19, 2016.



Invasive Intervention Shows Favorable Outcomes

2x

The increase rate of favorable outcomes for out-of-hospital cardiac arrest patients without ST-segment elevation who underwent emergent percutaneous coronary intervention. These findings support the use of an invasive strategy in these patients, particularly in those resuscitated from a shockable rhythm.

Source: Duma F, et al. *J Am Coll Cardiol Interv*. 2016;doi:10.1016/j.jcin.2016.02.001



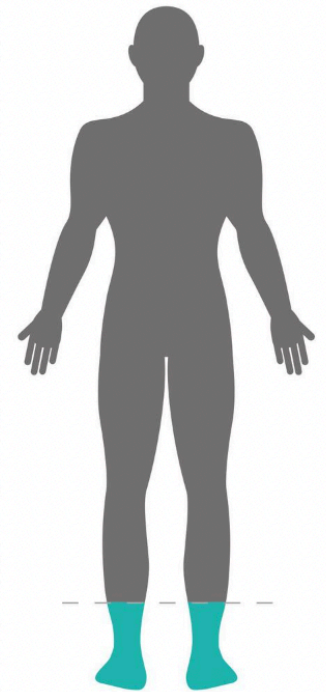
Antibiotics Prescribed Without Need

30%

The percentage of antibiotics prescribed in the United States that are unnecessary, according to new data published in the *Journal of the American Medical Association* by the CDC. This percentage equates to an estimated 154 million prescriptions given without need. "Antibiotics are lifesaving drugs, and if we continue down the road of inappropriate use we'll lose the most powerful tool we have to fight life-threatening infections," said CDC Director Tom Frieden, MD, MPH. "Losing these antibiotics would undermine our ability to treat patients with deadly infections, cancer, provide organ transplants, and save victims of burns and trauma."

Source: Center for Disease Control, News release, May 3, 2016.

Low BMI, Higher Risk of Death After Heart Attack



13%

The increased risk of death in underweight patients 30 days after a heart attack. These patients also had a 26% higher risk of death over 17 years than normal weight patients.

Source: PLOS, News release, April 19, 2016.

Unsettling News on Teen Tobacco Use

4.7 million

The number of middle and high school students who currently use tobacco products and more than 2.3 million of these students use at least two or more tobacco products. E-cigarettes are the most commonly used tobacco products among youth with 3 million users.

Source: Centers for Disease Control and Prevention, News release, April 14, 2016.

