Phoenix Business Journal

SciTech Festival to Host 900 Science and Innovation Events Across Arizona

City and town mayors met with community leaders from across the state to kick off the fourth annual Arizona SciTech Festival that this year will include nearly 900 events through the end of March.

The University of Arizona College of Medicine – Phoenix hosted a live video conference via its telemedicine program to kick off the festival last week. Read more

Allnurses.com

Beyond Burnout: What is Compassion Fatigue?

Burnout and “compassion fatigue” often are seen together in nurses stressed to the limit. When most nurses hear the phrase compassion fatigue, they think that it means tired of caring, based on the words used to describe it. To most nurses, this is an insult. Never, under any circumstances, would nurses stop caring about their patients. Most nurses would go above and beyond for their patients, and that’s part of the problem. Kate G. Sheppard PhD, RN, FNP, PMHNP-BC, FAANP, clinical associate professor, and PMHNP specialty coordinator for
Community and Systems Health Science Division at the College of Nursing at University of Arizona, suggests a different term for this common occurrence. Read more

LiveScience.com

**Toddler's Reaction to Meth Mistaken for Scorpion Sting**

Doctors who admitted a 17-month-old girl to the hospital in Arizona thought her tremors and other symptoms were due to a scorpion sting. Only later did they realize the real cause of her condition was that she'd consumed methamphetamines, according to a new report of her case. “People who have been stung by scorpions of the species Centruroides sculpturatus, which is common in Arizona, often have some of the same symptoms as the girl,” said Farshad Shirazi, MD, PhD, associate professor of emergency medicine at the University of Arizona College of Medicine – Tucson, who was one of the doctors who treated the child and a co-author of the case report. Read more

Arizona Daily Star

**Screen Time: Strategies for Setting Limits**

Screen time – it's defined as time spent in front of a computer, phone, tablet or video game – and the American Academy of Pediatrics says we're giving our kids too much of it. Experts say too much screen time can get in the way of social development, physical activity and family relationships.

“For their brain development, it’s more important to have social interactions with family and other people,” said Kimberly Gerhart, MD, division chief of general pediatrics at the University of Arizona College of Medicine – Tucson. “If they’re spending all this time on a screen, they’re not having these very important human interactions. And just going outside to play — obesity is such a problem, we need those kids outside playing and using other parts of their brains, as well.” Read more
Changing Climate Helps Microbial Disease Grow

Climate change has been linked to warmer temperatures that are, in turn, causing increases in disease-carrying microorganisms. Kelly Reynolds, PhD, associate professor at the University of Arizona Mel & Enid Zuckerman College of Public Health, is developing a new method to measure the levels of waterborne pathogenic microbes, including a microorganism called Naegleria fowleri that thrives in warmer weather conditions. Read more

Healthy Options for Eating Out

Eating out means plenty of options and a variety of foods. Andrew Weil, MD, director of the Arizona Center for Integrative Medicine at the University of Arizona and best-selling-author, has been an advocate for healthy eating since the 1970s. He's even partnered with Fox Concepts, to create healthful meals and he has some tips for eating out. "First of all, one good trick is to tell waiters not to bring bread and butter before the meal is served. The quality of bread in most restaurants is terrible and you can get out of a lot of calories before you even eat the food, so why even have that on the table. Another is to ask for dressings and sauces on the side. You want to avoid fried things. One thing is to ask restaurants for olive oil instead of butter which is a healthier fat," said Dr. Weil. Read more
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