ABC World News

Measles Spreads From California to New York

Arizona health officials are gearing up by looking for signs of measles and to contain and prevent an outbreak from spreading at Super Bowl XLIX. The University of Arizona enlisted the help of students from the epidemiology program at the UA Mel and Enid Zuckerman College of Public Health. Read more

Daily Mail

How Sitting in a Hot Tent Could Help Ease Depression

A high-tech heated tent is being tested as a possible new treatment for pain and depression. One theory is that depression might be linked to faulty messages being sent to the brain by the body's thermostat. Rapidly raising the body temperature may help “re-set” the thermostat. “Just as we know inflammation in the body can contribute physically to depression, so might a flawed heat regulation process,” says Charles Raison, MD, professor of psychiatry at the University of Arizona, who is leading the new trial. Read more
Arizona Daily Star

Hoardings May be a Growing Problem as Population Ages

Previously thought to be a type of obsessive-compulsive disorder, studies have clarified that while roughly 20 percent of people who hoard have OCD, about 50 percent suffer from depression.

Those who attend the first educational program, “Buried in Treasures,” a 20-week program and support group, will learn how to decrease symptoms of hoarding, learn skills to reduce clutter and improve their ability to use their home, said Lisa O’Neill, MPH, a task force founder who also is director of education and elder abuse resources at the University of Arizona Center on Aging.

Read more

Arizona Daily Star

Refuse to Become Grim Statistic of Heart Disease

One in four Americans dies of heart disease, but experts say there are ways to significantly improve that grim statistic. “The biggest message is that heart disease is preventable.” said Tucson cardiologist Charles Katzenberg, MD, from the University of Arizona Sarver Heart Center. “We know most of the significant risk factors. We don’t know them all but there’s no reason we can’t prevent a large percentage of heart attacks and strokes that currently happen.”

Since coronary artery disease typically takes decades to develop, Dr. Katzenberg recommends people in their teens and 20s ask their doctor for a cholesterol test.

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Greenfield Daily Reporter

Hundreds of Arizona Schools Fail to Enforce Rule to Head Off Measles Outbreak
Seven people in Arizona have been diagnosed with measles amid a national outbreak of the highly contagious disease that lingers in the air for up to two hours after a contagious person leaves. Up to 1,000 people statewide have been exposed.

Nearly one in three kindergarteners throughout the state who are unvaccinated were enrolled in schools without their parent signing the exemption form, as required by law, The Arizona Republic reported (http://bit.ly/1u4vaby), citing the newspaper's review of public records. Several schools had vaccination rates well below what health officials consider safe, and only 30 percent of kindergartners at one school were inoculated for measles.

"A school like that can be ground zero for an outbreak," said Sean Elliott, MD, medical director of infection prevention at the University of Arizona Health Network and UA College of Medicine -- Tucson. Read more