Pharmacy Choice

High Court Health Ruling Could Have a Big Impact on Arizona

A case under consideration by the U.S. Supreme Court could have a significant impact on health insurance coverage in Arizona. The case will determine whether federal subsidies are legal in 34 states, including Arizona, that chose not to create their own health insurance marketplaces (exchanges) when provisions of the Patient Protection and Affordable Care Act took effect.

Health policy expert Daniel Derksen, MD, of the University of Arizona’s Mel and Enid Zuckerman College of Public Health, says if the individual and employer mandates (tax penalties for not having coverage) are found to be illegal in the 34 affected states, insurance rates could go up. Read more

Futurity.org

UA Researchers Explore Health Benefits of Man’s Best Friend

A new study will explore whether living with a dog encourages the growth of positive microorganisms in the human gut—enough to improve physical and mental health in older adults. Researchers at the University of Arizona are recruiting
participants for a study exploring whether dogs can improve human health by having a probiotic effect on the body. The research will focus specifically on dogs’ effect on the health of older adults.

“We think dogs might work as probiotics to enhance the health of the bacteria that live in our guts. These bacteria, or ‘microbiota,’ are increasingly recognized as playing an essential role in our mental and physical health, especially as we age,” says Charles Raison, MD, principal investigator for the study and a professor of psychiatry in the University of Arizona College of Medicine–Tucson. Read more

KVOA-TV (NBC Tucson)
Construction of the New Banner – UMC Tower Will Begin in Early 2016

Banner – University Medical Center Tucson plans to begin construction of a new tower in the beginning of 2016. The tower, located at 1501 N. Campbell Ave., is projected to be operational by 2019. An architect's preliminary rendering depicts the tower 11-stories high. A new main entrance also is shown in the sketch. This rendering still requires zoning approval, which may change the final design. All the patient rooms are private. There also will be new surgical suits and lab space. Read more

KGUN-TV (ABC Tucson)
UA College of Nursing Students Participate in First White Coat Ceremony

A new tradition is kicking off at the University of Arizona. More than 60 students from the College of Nursing participated in a White Coat Ceremony on March 9. This marks the first year that students in the Doctor of Nursing Practice program get recognized with coats at the university. The ceremony stands as a rite of passage for students making the transition from book learning to patient care. The white coat ceremony comes as enrollment in the program increased by 300
percent over the past five years. Students in the program will go on to specialize in pediatric, family, adult gerontology and mental health care. Read more

**MSN.com**

**9 Highly Effective Treatments For Mild Depression**

SAM-e (S-adenosyl-L-methionine), an increasingly popular OTC option, raises "brain levels of dopamine, norepinephrine and other neurotransmitters," says Victoria Maizes, MD, executive director of the Arizona Center for Integrative Medicine. She notes that it's most effective when taken with vitamin B12 (1 mg daily) and folate (800 mcg), low levels of which are seen in depressed people. The dosage of SAM-e starts at 400 mg a day and can go up to 1,600 mg. The supplement also has shown some success when used with antidepressants: In a 2010 study in the *American Journal of Psychiatry*, 36 percent of patients who augmented treatment with SAM-e reported improvement, compared with 18 percent who added a placebo. Patients should consult a doctor before combining the two. Read more

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