Health News Digest

**Progesterone Offers No Significant Benefit after Traumatic Brain Injury**

Treatment of acute traumatic brain injury with the hormone progesterone provides no significant benefit to patients, a National Institutes of Health-funded phase III clinical trial has concluded. The results were published recently in the *New England Journal of Medicine*.

Banner – University Medical Center Tucson and Banner – University Medical Center Phoenix were among 49 trauma centers that participated in the study. Named ProTECT III (Progesterone for Traumatic Brain Injury, Experimental Clinical Treatment), the study was conducted across the United States between July 2009 and November 2013. [Read more](#)

**News-Medical.net**

**Study: Persistent Insomnia Increases Mortality Risk**

A connection between persistent insomnia and increased inflammation and mortality has been identified by a group of researchers from the University of Arizona. Their study, published in *The American Journal of Medicine*, found that people who suffer from persistent insomnia are at greater risk than those who
experience intermittent insomnia. The team led by Arizona Respiratory Center faculty members Sairam Parthasarathy, MD, and Stefano Guerra, MD, PhD, MPH, found data showing that persistent insomnia was associated with higher levels of inflammation in the blood and a 58 percent increased risk of death. Read more

Arizona Daily Star

**Banner–UA Health Merger: How It Affects Tucson**

A generation of Tucsonans might always refer to the hospitals as UMC and Kino, but both have new names:
- The UA Medical Center – University Campus (formerly known as University Medical Center, or UMC) at 1501 N. Campbell Ave., now is called Banner – University Medical Center Tucson.
- The UA Medical Center – South Campus (formerly known as Kino Hospital) at 2800 E. Ajo Way, now is called Banner – University Medical Center South. Read more

Eastern Arizona Courier

**Changing the Dialogue on Suicide Among Native American Youths**

Native youth suicide rates are 2.5 times the national average and account for 75 percent of deaths among American native youths, ages 12-20. The lack of resources and discussion about suicide has garnered a new focus in increasing initiatives to help counter this issue among tribal nations. Understanding the multitude of factors involved is what Michelle Kahn-John, PhD, RN, assistant professor of nursing at the University of Arizona, said is important in addressing this issue.

“It requires an innovative approach to ask the teens what might be most helpful and where they will feel the most safe to express their needs,” she said. Read more
Researchers ask The Public For Money to Develop Valley Fever Vaccine

Scientists at the University of Arizona are asking the public to help fund a Valley Fever vaccine. Researchers are creating the vaccine from the same fungus that causes the disease. Valley Fever affects around 50,000 people a year in Arizona and California. Since the disease affects such a limited population, researchers are having trouble getting grants. John Galgiani, MD, director of the UA Valley Fever Center for Excellence, says he is appealing to the public for funding. Read more

eNewsletter subscription form: [http://ahsc.arizona.edu/sign-up](http://ahsc.arizona.edu/sign-up)

Copyright © 2015 Arizona Health Sciences Center, All rights reserved.
You are receiving this email because you are a member of the AHSC community.

Our mailing address is:
Arizona Health Sciences Center
1501 N. Campbell Ave,
Tucson, AZ 85724