CBS News

**U.S. Military Biosensors Could Reveal Science of Sweat**

The U.S. military project aims to develop skin "biosensors," flat, electronic chips that are embedded into bandages, designed to record health information that can be downloaded onto smartphones and computers to monitor their health and improve their performance.

Esther Sternberg, MD, a former researcher at the National Institutes of Health who now is the research director for the Arizona Center for Integrative Medicine at the University of Arizona in Tucson, led a study on sweat biomarkers in 2008 that can be used to indicate depression. She discovered that the biomarkers could be found in sweat at almost identical concentrations as found in blood. [Read more](#)

Popular Science

**How It Works: Putting Humans In Suspended Animation**

"Suspended animation" – literally putting life on hold – long has been a medical dream. (The preferred scientific term for the procedure is emergency preservation and resuscitation [EPR].) This surgical technique replaces all of a patient's blood with a solution to cool the body down and buy time for doctors to fix injuries without losing patients to blood loss.

Peter Rhee, MD, at the University of Arizona College of Medicine – Tucson, first started researching suspended animation when asked by the military to find a way to “preserve” wounded victims before they reached the hospital. [Read more](#)

Fox Business

**Wearable Technology Saving Limbs of Diabetes Patients**

Doctors at the University of Arizona Medical Center have found a way to prevent the development of foot ulcers in diabetic patients, and it's as simple as putting on a pair of socks.

"Smart Socks" use fiber optics and sensors to monitor pressures in the patient's feet. "Smart Sox were designed to identify both locations of the foot and ranges of motion that could be problematic," said Bijan Najafi, MD, of the University of Arizona Medical Center.

David Armstrong, MD, heads the University's Southern Arizona Limb Salvage Alliance, an
organization dedicated to preventing amputations in diabetes patients. His patients are especially grateful for the advancements made by the group.  

Health News Digest

Sisters Pursuing Their Doctor of Nursing Practice Degrees through UA

Jill and Kim Krmpotic say their nursing careers were inspired by their mother, a former oncology nurse who earned her master's degree in nursing administration and moved into management. A two-and-a-half year age difference is one of the few things that separate the sisters. They live together, work as registered nurses at the same Phoenix hospital and are both pursuing their Doctor of Nursing Practice (DNP) degrees online through the University of Arizona College of Nursing.  

Los Angeles Times

Want Better Health care? Have Doctors Make House Calls

According to a recent Brookings Institution report, older people with chronic conditions suffer "repeated cycles of crisis, hospitalization and expensive, but ineffective or even counterproductive, treatment — leading to still more of the same." This is one reason our health-care system is so expensive. Patients like this who constitute the top 10 percent of Medicare beneficiaries account for 57 percent of Medicare spending. Home care medicine makes so much sense for these patients, and could cut those costs significantly.

Dr. Mindy Fain is a professor of medicine at the University of Arizona, co-director of the Arizona Center on Aging and a fellow with the OpEd Project.  

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