The Dr. Oz Show

Health Hot Topics: Dr. Andrew Weil Sets The Record Straight

Dr. Mehmet Oz examined a range of health topics on the July 22 episode of the "Dr. Oz Show". Dr. Oz and alternative health pioneer Andrew Weil, MD, founder and director of the Arizona Center for Integrative Medicine at the University of Arizona, share their thoughts on hot health controversies like chemical sunscreens, multivitamin safety and non-stick cookware. Read more

Arizona Daily Star

Arizona-led Study Will Test Alzheimer's Prevention Drug

A University of Arizona physician is helping to lead a clinical trial to test drugs that could delay or prevent Alzheimer’s disease in certain people. The multimillion-dollar medical trial is part of a partnership between the Phoenix-based Banner Alzheimer’s Institute and the Swiss drug company Novartis.

"We think it’s a major step in the effort to try to find treatment to prevent the clinical onset of Alzheimer’s disease," said Eric M. Reiman, MD, executive director of the Banner Alzheimer’s Institute, a professor of psychiatry at the UA College of Medicine in Phoenix and director of the Arizona Alzheimer’s Consortium. Read more
**Medpage Today**

**Probiotics: Moderate Impact on BP?**

Probiotics cut blood pressure by roughly 4 mm Hg systolic and 2 mm Hg diastolic on average across clinical trials, a meta-analysis showed. Supplement is the key word, since the blood pressure lowering was "minor," commented Nancy K. Sweitzer, MD, PhD, director of the University of Arizona Sarver Heart Center in Tucson. "What I would tell my patients is these compounds are clearly safe," she told MedPage Today. "However, they're expensive to take at this dose for this duration of time," added Dr. Sweitzer who was not involved in the meta-analysis. Read more

**Huffington Post**

**4 Reasons You're Not Going To Bed On Time**

There are many factors that keep people up all night (small children, big deadlines, aches and pains, noisy neighbors), but none of those apply to you—you just like being up late. Here's why you need to rethink your bedtime procrastination. Sleep deprivation makes boring tasks even more boring, explains William Killgore, PhD, a psychiatry professor at the University of Arizona and a leading researcher on the topic. Read more

**BDNews24.com**

**Keeping Doctors in Rural Areas**

According to Academic Medicine, a journal published by the Association of American Medical Colleges, only 9 percent of physicians practice in rural areas, even though one in five Americans live in rural areas. The persistent shortage of physicians in rural areas "continues to have a major impact on access to medical care for those living in small communities." In response, the University of Arizona offers a program called the Rural
Health Professions Program. Jonathan Cartsonis, director of the program, said selected students undertake four years of preparation that includes seminars, mentorship, rural clerkship, and pre-clerkship clinical experience, among others. Read more

IDEA Fitness Journal

Intensive Exercise: Feasible for People with Dementia

Historically, fitness and health practitioners have been reluctant to steer people with dementia into more intensive exercise programs. Researchers from the University of Arizona, Tucson, and the University of Heidelberg, in Germany, believed that customized, more intense exercise programs could significantly improve care even for older male and female inpatients with dementia. Their study findings indicate they may be right.

UA Interdisciplinary Consortium on Advanced Motion Performance (iCAMP). Read more

Phoenix Business Journal

Tenet, Dignity Set to Go Head-to-head with Banner in Tucson

Less than a month after Banner Health announced its intention to purchase the University of Arizona's hospital system in Tucson, Tenet Healthcare Corp. and Dignity Health are moving to create a joint venture to take over Southern Arizona's largest hospital system: Carondelet Health Network of Tucson. Read more

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