

## Health Tid Bits

Vancomycin, an antibiotic used to treat infections that don't respond to other antibiotics, has been shown to cause internal bleeding.

Omega 3 fatty acids are the health promoting fatty acids found in fish and fish oil supplements. In a recent study they have been shown to influence the amount of brain tissue in the areas of the brain that influence emotions.

Antibiotic overuse in China has resulted in 10,000 children losing their hearing. Antibiotics are often used to treat colds and flu even when the drugs do not kill viruses. The pharmaceutical industry pays doctors kickbacks for prescribing their drugs and in China, 30% of druggists revenues come from antibiotic prescriptions.

A new study revealed that pregnant women who ate apples during their pregnancy had fewer children with asthma. Four apples each week resulted in 53% fewer children with asthma.

According to a paper in the *Journal of the American Geriatric Society*, treating blood pressure in individuals over 80 may do more harm than good. Lowering blood pressure in this age group can lead to more injuries and disability due to reduced blood flow to vital organs and the brain.

Studies on animals show that anesthesia given during a time period equivalent to the third trimester of pregnancy up to age three can lead to prolonged behavior and learning problems. The studies were compelling enough to concern the FDA.

A report in *Public Library of Science Journal* notes that hospital acquired infections could be reduced significantly if hospitals improved air circulation. Older hospitals with higher ceilings and larger windows tended to have much better air circulation, including outside air entering the hospital, which helped reduce the recirculating of viruses and bacteria.