

Health Headlines

Bad Economy Leads to Suicide Increase

Suicide rates rise during times of economic hardship and decline in periods of prosperity, a CDC study finds. The link is strong for adults of working age, between 25-54 years old. This group is most susceptible due to responsibilities of mortgage payments and children's educations, but can be more vulnerable due to psychological factors, substance and alcohol abuse, family dysfunction, relationship problems and other stressful life events. Suicide is the 11th leading cause of death in the U.S. Read more about [suicide](#) and dealing with [financial difficulties](#). (*Los Angeles Times*, 4.15.11)

Oral Cancer in Men

Oral cancer is taking on a new face: mostly white, male, non-smokers in their late 30s and early 40s. Although thought to be a disease of gravely-voiced chain-smokers, the tumors forming on the back of their tongues and tonsils have nothing to do with nicotine – they are directly linked to contracting HPV by having oral sex with multiple female partners. Women can get it from men as well although their chances are lower. If detected early, the chance for surviving oral cancer from HPV is high, between 85-90%. Read more about [HPV](#) and [cervical cancer](#). (*NY Daily News*, 4.18.11)

AIDS and Albinos in Tanzania

Albino girls in Tanzania are being raped due to the falsely held belief that having sex with an albino girl will cure HIV/AIDS. The social stigma of those with the pigment disorder prevents many girls from reporting rape, making it difficult to gather accurate estimates of the number of girls that have been abused. Hundreds of albinos are also being killed to harvest their blood, hair, genitals, and other body parts for potions that witchdoctors say bring luck in love, life, and business. About 1.4 million Tanzanians, among a population of 40.7 million, have the HIV virus that leads to AIDS. Read more about [global HIV/AIDS](#) and [sexual violence](#). (Reuters, 5.5.11)

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Funding Agency News

CDC Cheers Public Health Achievements

CDC identifies 10 public health achievements of the first 10 years of the 21st century, including improvements in vaccine preventable and infectious diseases, reductions in deaths from certain chronic diseases, declines in deaths and injuries from motor vehicle crashes, and more. The U.S. has saved billions of dollars in healthcare costs as a result of these achievements. Continued investments in prevention will help lead to longer, healthier lives while bringing down health care costs. Read the [press release](#). (CDC, 5.19.11)

Rice and Cassava Fight Malnutrition

The Bill & Melinda Gates Foundation announced two grants to fund the development of nutritious rice and cassava with enhanced micronutrients. This effort will offer some of the world's poorest people in Asia and Africa better nutrition and the opportunity to lead healthier, more productive lives. Millions of people rely on rice for up to 80% of their daily food intake, and many lack access to or cannot afford nutritious foods containing vitamin A. These improved crop varieties aim to reduce childhood death, disease, and blindness, as well as other chronic health problems. Read the [press release](#). (Bill & Melinda Gates Foundation, 4.13.11)

Millions of Teens Depressed

A new national report by the Substance Abuse and Mental Health Services Administration (SAMHSA) indicates that about 2 million American adolescents aged 12-17 experienced at least one major depressive episode (MDE) in the past year. The report shows that only 34.7% of these adolescents received treatment during this period. Further, adolescents who had suffered from an MDE in the past year were more than three times as likely to have had a substance use disorder. SAMHSA is working to provide greater access to community-based mental health services and supports for adolescents with serious mental health conditions. Read the [press release](#) and the [full report](#). (SAMHSA, 5.18.11)

Real People, Real Lives

Cycling for Diabetes

When Phil Sutherland was seven years old, he was diagnosed with Type 1 diabetes. His mother was told that he would probably be blind by the age of 25 and dead before he was 30. Now at age 29, he is fit and defying those predictions. His love for riding his bike led to a passion for competitive cycling, and he is now the manager and co-founder of a team that races internationally. Through cycling, he found an outlet to control his disease and learned about how exercise can improve the quality of his life. Read more about [diabetes](#). (*Los Angeles Times*, 5.18.11)

A Gift Between Sisters

After trying for 10 years to conceive, Karine Thiriot, a 39 year-old woman in Paris, gave birth to a baby girl named Victoria, thanks to her sister. Karine was born without ovaries due to Turner Syndrome, a genetic condition that results from a missing or incomplete sex chromosome. She received an ovarian transplant from her twin sister, the first ovarian transplant to take place in Europe. Karine gave birth to a healthy baby who is free of the syndrome – a true success story. Read more about [organ donations and transplants](#). (Fox News, 4.18.11)

An Alcoholic's Best Friend

Marty Kihn had reached rock bottom. He was drunk most of the time and his wife left him. He was left with his dog, Hola, a badly misbehaved 85-pound Bernese mountain dog. Marty realized he needed help. He worked to get sober, and used his free time to become a dog-trainer. His focus on Hola taught him how to love and to turn his attention away from drinking, eventually winning back the affections of his wife. Studies show that owning a dog is good for your health – in Marty's case, Hola was great medicine for his alcohol addiction. Read more about [alcohol abuse](#). (Fox News, 5.18.11)

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