



NEWS FROM THE

World of Medicine

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What Actually Causes Rosacea

Don't just blame your family tree for that red, thick, pimply skin. Your habits play a big role too. In a University Hospitals Case Medical Center study, 275 pairs of twins took lifestyle and medical surveys and underwent skin screenings. Genetics contributed to 46 percent of rosacea risk, while the rest was due to environmental factors such as sun exposure and alcohol. Talk to your doctor about which risks you can reduce; lowering alcohol intake, for example, might be a first step in making a big difference.

Sadness Really Does Turn The World Gray

In a *Psychological Science* study, 127 participants watched either a sad film or a comedy skit and then indicated the color of patches that had been desaturated to more neutral shades. Sad people had a difficult time discerning shades on the blue-yellow axis. Related research has linked perception of these colors to dopamine, the brain's feel-good neurotransmitter that is low when you're feeling down.

Car Sickness Breakthrough

British researchers tested a device that delivers a mild electrical current to the scalp (it feels like a brief tingle) on 20 volunteers who sat in a spinning chair designed to induce motion sickness. Those who received the current before taking a second ride took longer to get sick than before. The current



dampens responses in the brain region that processes motion signals. A device might be developed for use in boats and cars in as little as five years.

Hangover Cure That's A Myth

Sorry, but a jug of water won't help you after too many cocktails. In a Dutch and Canadian study, researchers surveyed 826 Dutch students on methods of relieving hangovers. More than half drank water before sleeping or during the next-day recovery. Water can prevent dry mouth, but the study found it didn't lessen the severity of hangover symptoms.

Surprising Perk of Sarcasm

A caustic coworker could improve your creativity. Participants solved problems after hearing sarcastic phrases, like an insincere "I am sorry," in a study in the journal *Organizational Behavior and Human Decision Processes*. They were three times more creative than a group hearing sincere messages. Sarcasm forces the brain to think abstractly, boosting innovation.

Diet That Protects Against Breast Cancer

More than 4,000 women followed the Mediterranean diet supplemented with olive oil, the diet with nuts, or a low-fat diet in a new *JAMA: Internal Medicine* study. In five years, women on the Mediterranean diet with olive oil had a 68 percent lower risk of

breast cancer than those on the low-fat diet. The nut group had an insignificantly lower risk. Women with the lowest risk ate about four tablespoons of olive oil per day.

Dizziness After Standing May Signal Bigger Issues

If you often experience dizziness after standing, it's a good idea to tell your doctor. Harvard researchers studied 165 people with orthostatic hypotension (OH), a drop within three minutes of standing, or delayed OH (DOH), a drop after three minutes—both of which can cause dizziness. Those with OH had a death rate of 64 percent over ten years; DOH patients had a death rate of 29 percent. (Only 9 percent of a control group died over the time period.) Patients were likelier than healthy adults to have a number of underlying health conditions, such as Parkinson's disease or diabetes, that might play a role in dizziness.

A Clear Reason for Children To Get Outside

In a new *JAMA* study, nearly 2,000 first graders were divided into two groups. One group maintained a normal schedule, while the other spent an extra 40 minutes outside each school day. Children who spent more time outdoors were 23 percent less likely to become nearsighted. Bright light may affect eye development in a way that inhibits nearsightedness. **R**