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### Heart-healthy diets may reduce risk of kidney stones

A diet intended to improve blood pressure and cardiovascular health may also reduce the risk of kidney stone formation, according to a study conducted in Boston, USA, involving a total of 241,766 healthcare providers and up to 18 years of follow up. The Dietary Approaches to Stop Hypertension (DASH) diet includes fruits, vegetables and low-fat dairy products which are also known to reduce stone formation risk, as well as high amounts of oxalate and vitamin C – factors thought to increase the risk. In this study, despite having higher levels of oxalate and vitamin C, men and women on a DASH-type diet were found to be significantly less likely to develop kidney stones.

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### Possibility of Guillain-Barré after H1N1 Flu Vaccine

Physicians should be vigilant in tracking any new cases of Guillain-Barré syndrome after patients have received the H1N1 flu vaccine. The American Academy of Neurology (AAN) is teaming up with the Centre for Disease Control and Prevention (CDC) to make sure doctors remain alert. High-risk groups such as infants, children, young adults, pregnant women, adults 25 years and older with underlying health conditions and healthcare workers are considered good candidates for the vaccine.

Available at <http://www.medscape.com/viewarticle/708203> (Accessed on September 1, 2009)

### Short Stature Linked With Diabetic Complications

Short height in adulthood has been found to be associated with an increased risk of microvascular complications in patients with type 1 diabetes. It is also associated with hypertension, early arteriosclerosis, cardiovascular disease, impaired glucose tolerance and other disorders of glucose metabolism, but the association between short stature and diabetic complications is uncertain. In multiple logistic regression analyses, short stature in the FinnDiane study was independently associated with diabetic nephropathy and laser-treated retinopathy. After adjustment for years of diabetes exposure during the years of linear growth, however, adult stature was no longer associated with nephropathy or retinopathy. In the Diabetes Control and Complications Trial (DCCT) cohort, short stature was associated with more than a doubling of the risks for nephropathy and retinopathy. In this population, more patients had diabetes onset after age 18, and the association with renal sequelae was independent of childhood diabetes exposure. In a Cox regression model, however, short stature was not independently associated with retinopathy.

*Diabetes* 2009;58:1914-1920. Available at <http://www.medscape.com/viewarticle/708126> (Accessed on September 1, 2009)

### Marital Status Can Affect Cancer Survival

Marital status may have an impact on cancer survival, according to a study done in Indiana, USA that analysed the records of 3.79 million patients. Married patients had the highest survival rates and those who were undergoing a marital separation at the time of diagnosis had the lowest. After married patients, the next highest survival rates in descending order were in those who were widowed, divorced and never married at the time of diagnosis. The researchers found that at the upper end of the spectrum, married patients had 5-year survival rates of 63.3% and 10-year survival rates of 57.5%. Conversely, patients who were separated had the poorest survival; 5- and 10-year survival rates for separated patients were 45.4% and 36.8%, respectively.

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