

Betsy says HI!!!!

Announcements

The next LABQUEST meeting will be Wednesday, April 8, 2026 at “WeAchieve”, 10501 New Hampshire Ave.

Science Report Highlights

Betsy and Dan thought all the items in following science report from Charles were interesting but most liked the following:

- CDC Issues Level 2 Polio Travel Advisory – some countries not expected
- FDA Rejection Of mRNA Flu Vaccine *Reversed*
- New Parkinson's Disease Treatment Approved In Japan
- Take Vitamins D And K Together?
- Causes Of Parkinson's Disease (PD) - Up to 15% is genetics
- Reduction In Emergency Department Length Of Stay (Wait) Times In Maryland. Adventist HealthCare White Oak Medical Center showed the greatest improvement. Wait time still too long. Report due later this year.
- Severe Storm Damages Hawaii
- Plug-In (Balcony) Solar. Legislation is on the way in two dozen states

Science Report

Self-Protective Measures -

You should get vaccination advice from your doctor or your pharmacist ... not from this Report or the internet. Everyone should consider maintaining current vaccinations for the three respiratory viruses: Covid, flu and RSV (for RSV, adults [over 60](#) and children <8 months), unless your doctor/pediatrician advises against. Adults over 50 should have had the [Shingrix vaccine for shingles](#) (two doses 2 to 6 months apart, good indefinitely), and also the [Pneumococcal Vaccine](#). Many states are making access to these vaccines less complex - [map](#).

Vaccine and Therapeutic News -

- [CDC Issues Level 2 Polio Travel Advisory](#) - for over two dozen countries where polio has been detected in the last 13 months. List and map [here](#). Level 2 - 'Enhanced Precautions'. Vaccinations should be [up to date](#).
- [FDA Rejection Of mRNA Flu Vaccine Reversed](#) - FDA's review for full approval of the Moderna (Cambridge MA) mRNA flu vaccine candidate mRNA-1010 will now proceed for those aged 50-64, and accelerated review for approval in the 65 and older range. The company has agreed to conduct a post-marketing study in older adults. [Moderna](#): "Pending review and FDA approval, mRNA-1010 would be available for U.S. adults 50 years of age and older, including adults 65 and older, for the 2026/2027 flu season." mRNA technology allows vaccine developers to quickly and precisely adapt existing vaccines to target new viral strains as they emerge. Back story [here](#).

- New Parkinson's Disease Treatment Approved In Japan - [Sumitomo Pharma](#) (Osaka Japan) has [announced](#) time-limited approval in Japan for clinical use of its neural progenitor stem cell medication AMCHEPRY for this indication. The new treatment is the world's first [iPS](#) cell-derived regenerative medicine ... medication derived from the patient's own stem cells [iPS means induced Pluripotent Stem cell]. The company will conduct the post-market studies required to achieve final approval. This new field of medicine is called '[Regenerative Medicine](#)'. **Update:** In March, Japanese pharmaceutical company [Cuorips](#) (Tokyo Japan) received time-limited [approval](#) for clinical use in Japan of its medication RiHEART for treatment of **severe ischemic heart failure**.
- Bipolar Disorder And Schizophrenia - [Vanda Pharmaceuticals](#) (Washington DC) has [announced](#) FDA approval of its oral medication BYSANTI (milsaperidone) for this condition - availability expected in 3Q26.
- Motion Sickness - [Vanda Pharmaceuticals](#) (Washington DC) has announced FDA [approval](#) of its oral medication [NEREUS](#) (tradipitant) for the prevention of vomiting due to motion - availability expected 2026, military applications.
- Cerebral Folate Transport Deficiency - is a rare genetic condition with autism-like symptoms for which there has been no approved treatment. FDA has now [approved](#) an extension of the indications for use of the previously approved [GlaxoSmithKlein](#) (London UK) oral medication Wellcovorin (leucovorin calcium) for this additional indication. FDA letter of approval, [here](#).
- Take Vitamins D And K Together? - See a pharmacist's advice, [here](#). D can help the body absorb Calcium. K helps move Calcium into the bones for greater strength. Natural food nutrition is best. K can interact with blood thinners.
- Dry Feet - can feel tight/scale-like/cracked, and are more common in the dry cold of winter, or with age. The condition can be magnified by poorly fitting shoes, or several medical conditions that should be referred to a doctor - athlete's foot, diabetes, eczema, psoriasis. Some simple home remedies: 1) Apply moisturizing lotion such as 'Cera-Ve Daily Moisturizing Lotion' nightly after showering before bed, use loose-fitting, open-weave sleeping socks for warmth, 2) Periodic 30 minute immersion (no lotion) in warm foot bath with Epsom Salt solution - heated, bubbling foot bath and bags of Epsom Salt available at CVS, 3) Spray *dry*-powder Lotrimin antifungal foot powder into shoes.

Other Health Science News -

- Mal de Débarquement Syndrome (Disembarkment Syndrome) - differs from the temporary 'sea legs' (transient postural instability) condition sometimes experienced by passengers *disembarking* from an extended ocean cruise ... typically resolves in a few hours or days. In rare cases, however, [MdDS](#) can extend for weeks, months, or even years, and should be treated as a vestibular medical disorder. The MdDS Foundation reports that most cases occur in women 30–60, and that there is a greater risk of recurrence after an initial case. [John McK.]
- New Experimental Treatment For Depression - Major depressive disorder is a leading cause of disability worldwide. A number of antidepressants are in use, but most either aren't very effective, or generate difficult side effects when used long term. A recent [publication](#) by researchers at Imperial College London reports encouraging preliminary results from their Phase 2a clinical trial for a new treatment using [dimethyltryptamine](#) (DMT), [details](#). Hopeful.
- Simultaneous Treatment For Psoriasis And Obesity - Eli Lilly (Indianapolis IN) has announced [positive results](#) from the Phase 3b [open label clinical trial](#) of its weight control medication Zepbound (tirzepatide), when used together with Taltz (ixekizumab), for these conditions. Taltz is an approved Eli Lilly medication used for moderate-to-severe plaque psoriasis, and also

for active psoriatic arthritis. 61% of US patients with psoriasis are also in either the obese or overweight range. The joint use therapy was substantially more effective against psoriasis than Taltz alone.

- Causes Of Parkinson's Disease (PD) - Up to 15% is genetics. Men are more susceptible than women, as are those over 60. Many risk factors are environmental and lifestyle issues - exposure to pesticides, air pollution including wildfire smoke, herbicides, dry cleaning chemicals, heavy metals, contaminated well water, excessive consumption of saturated fat and sugar, traumatic brain injury, certain antipsychotic medications, industrial solvents like trichloroethylene. Details and a video from the Parkinson's Foundation, [here](#). Treatments are being very actively pursued, *including gene-therapy treatments* for cases that are genetically rooted. Summary: for now, do or **not-do** what *can* be controlled. [More than 1 million people in the US are living with PD.](#)
- Physical Early Warning Signs Of Dementia - Johns Hopkins and Rush University medical experts point out 6 early signs of the onset of mild cognitive impairment, [here](#).
- US Funding For Development Of AI-Assisted Medical Imaging - GE HealthCare has [announced](#) a \$35 million expansion of its agreement with the US Biomedical Advanced Research and Development Authority (BARDA) for the continuing development of AI-assisted ultrasound imaging in trauma care and emergency preparedness settings.
- Ski Wax Containing Fluorinated Chemicals Banned At Olympics - The International Ski and Snowboard Federation (FIS) has [banned ski wax containing PFAS](#), and now tests for it in special areas near finish lines using Fourier Transform Infrared ([FTIR](#)) Spectroscopy. Several winter olympics competitors have been [disqualified](#). [PFAS](#): per- and poly-fluoroalkyl substances. [Barbara R.]
- Reduction In Emergency Department Length Of Stay (Wait) Times In Maryland - Based on preliminary data through November 2025, [22 of 41 Maryland hospitals demonstrated length of stay \(LOS\) time reductions](#). The [Adventist HealthCare White Oak Medical Center](#) showed the greatest improvement, with LOS reductions approaching 29%. Well done! Emergency Department wait times in Maryland are above the national average. [Background](#) - Figure 1.



Practical Nutrition -

- Extra Virgin Olive Oil (EVOO) And Cognitive Health - EVOO is **cold-expeller-pressed** olive oil, as opposed to 'refined' olive oil that has been heat treated and strained, usually either to reduce production costs or to raise its smoke temperature. [Heat/Processing removes or inactivates much of olive oil's nutrient value](#), particularly its valuable antioxidant content. EVOO had already been shown to be beneficial to *heart health*. Now a new [study](#) has also associated the regular use of EVOO with *cognitive preservation*, possibly due to improvements in gut microbiota composition. Cold pressed avocado oil may have similar benefits, and has a higher smoke temperature.
- Haddock Or Cod - See a nutritional evaluation by a registered dietitian, [here](#). Summary: Both are low-calorie, heart-healthy, rich in protein and low in mercury. Cod is a bit better for blood pressure management due to its lower sodium content and higher potassium. Both provide beneficial omega-3 fatty acids that boost heart health. Other fish [here](#).
- Low Carb Diets - can be beneficial, according to a recent [study](#), if they are not replaced with *refined* carbs or saturated fats, [details](#). Many primary care medical practices now have on-staff nutritionists, or can do referrals.
- 8 Healthiest Berries - reviewed by a registered dietitian, [here](#). Summary: [blueberries](#) (wild, frozen), [raspberries](#), [goji berries \(dried\)](#), [strawberries](#) (fresh or frozen), [bilberries](#) or [aronia](#)

[berries](#) (frozen, [ORAC score](#), aka black chokeberries), [açai berries](#) (frozen, freeze dried), cranberries (juice, minimal sugar), [grapes](#) (red, black). [Lingonberries](#) (cowberries, frozen) also have a [high ORAC score](#).

- [Oxygen Radical Absorbance Capacity \(ORAC\)](#) - is an objective laboratory measure of the **antioxidant content** of natural fruits, berries and vegetables ... [details](#) and a [list of the ORAC values for some natural foods](#) from the US Department of Agriculture.
- [Extensive Alphabetized USDA List Of ORAC Values For Foods](#) - [here](#). List for [berries](#) here. Alert! - do not eat *raw* elderberries.
- [Managing A Healthy Relationship With \(Dark\) Chocolate](#) - Advice from Johns Hopkins Medical, [here](#).

Environmental Science News -

- [Bald Eagle Nest](#) - Live cam view of the nest in Big Bear Valley California, [here](#). Jackie and Shadow come and go. [choose view, turn on sound, EST minus 3 hours]. [Background](#). [turn on sound]
- [The World's Fattest Parrot](#) - See the rare, flightless, nocturnal, burrowing New Zealand [Kākāpō](#) parrot fiercely guard her underground nest from an invading bird, video [here](#). Her name is 'Rakiura', with >100,000 followers. [Sarah F.]
- [Crows Show Long-Term Memory And Can Recognize Particular Human Faces](#) - A [study](#) demonstrated that crows can hold a grudge against a mask-wearing human (Dick Cheney mask) for up to 17 years, use tools, and communicate food and threat information to each other. Who knew? Cute story [here](#).
- [The Fastest Animal On Earth](#) - is also a ruthless killer that strikes from the air at up to 240 MPH. [Peregrine falcons](#) were endangered by pesticides like DDT, but are now doing well in their newly adopted habitat - human cities like London. See a falcon chick being hand raised, details and a video [here](#). Pigeons beware!
- [Great White Shark](#) - leaping entirely out of the water with a seal in its mouth, [video](#). [arrow in grey circle, Mack W.]
- [Severe Storm Damages Hawaii](#) - A rare '[Kona Storm](#)' ran the length of the archipelago, dropping 3-4" of rain per hour, and depositing as much as 3 feet of rain over 48 hours in some areas. Details and a video [here](#). [Bill McC]
- [Will GM Bring Back The Bolt In 2027](#) - Scroll down through the [EVs in the pipeline for 2026-30](#) to take a look. [Phil J.]
- [New Brooklyn NY Waterfront High Rise Heated/Cooled By Geothermal](#) - The 34 story, 834 rental unit [Riverie](#) sits on a grid of 320 geothermal boreholes - each 1000 feet deep, 4.5 inches in diameter and spaced 15 feet apart, total of 65 miles of pipe, 2.6 acre site, 1100 heat pumps throughout the building. Spectacular engineering/views! [Rob R.]
- [Plug-In \(Balcony\) Solar](#) - Ready or not! Legislation is on the way in [two dozen states](#) including Maine, Vermont, New Hampshire, Massachusetts and Rhode Island to clear away the red-tape - buy it at Home Depot, tote it home, and [plug it in](#) to provide from 400-1200 Watts of power. Utah is already on-board. Needs **UL** safety standards. In the EU, there are more than 1 million units in Germany alone. [Sonja B., Barbara R, Julian G, Eileen K-J, Phil J]
- [Renewable Energy Helps Prepared Countries When Petrochemical Prices Spike](#) - Pakistan has imported 41 GW of solar panels since 2023, power for millions of homes. All other sources of power combined amounted to 46 GW in 2024. More than half of new car sales in China are EVs, and China has the world's largest solar panel [export market](#). In Nepal EV new car sales are up to 70%! Market forces are now rewarding all three countries. [Details](#).
- [Wind Progress ... Atlantic Coast Of North America](#) -  

- [US Off-Shore Wind Power Progress](#) - [Vineyard Wind](#) has installed the final turbine in its 800 MW, 62-turbine wind farm off the coast of Massachusetts, and has already begun delivering power, with capacity to supply 400,000 homes. [Revolution Wind](#) has also begun delivering power to Connecticut and Rhode Island. When its 704 MW, 675 turbine project is complete (soon), it can power 350,000 homes.
- [Wind Power For Nova Scotia Canada \[video\]](#) - The Canadian government has advanced a \$206 loan for the relatively small *on*-shore [Mersey River Wind project](#) ... 33 turbines, 148.5 MW, under construction now. The government has also provided \$5 million for feasibility studies for the much larger 55 GW *off*-shore [Wind West](#) proposal ... power for 40 million homes. Electrical transmission infrastructure would also be required. [Details](#).
- [Germanium And Gallium](#) - are critical metals for a range of high tech applications. See the report from [Blue Moon Metals](#) (Toronto Canada) on their progress for mining and refining these two critical metals in the US, [here](#).

Other Science News -

- [Ancient Petra \(400 BCE\)](#) - capital of the Nabataean kingdom (present-day Jordan), was one of the driest cities of the ancient world. They received their water from the ['Ain Braq](#) aqueduct, lined with terracotta tiles. But there was still a mystery about how some areas of the city received water - [details](#) and a photo. In 2023 a satellite-image-guided excavation done by researchers from Humboldt-Universität zu Berlin discovered a previously unknown segment lined with a *welded* (pressure tight) lead pipe encased in mortar and attached to a header tank - used as a [reverse siphon](#) for supplying users on the opposite side of obstructions from the main aqueduct. Very sophisticated engineering, reminiscent of the film [Dune](#). [Dan W., Jason W.]
- [IceCube Neutrino Observatory](#) - is a US National Science Foundation [facility](#) in Antarctica operated by the University of Wisconsin ... 5000 sensors buried more than 1.5 miles deep in the Antarctic ice. They've just gotten an [upgrade](#).
- [Ten Features On The Moon](#) - that are visible using binoculars or a small telescope, [here](#).
- [Cheap US Drone To Counter The Iranian Shahed 136](#) - The Shahed 136 mounts on the back of a pick-up, and costs between \$20,000 and \$50,000 each. Now the Arizona company [Spektreworks](#) (Phoenix AZ) is manufacturing the Low-Cost Uncrewed Combat Attack System ([FLM 136 LUCAS](#)), which has already been introduced into service in the Iran conflict - length 9.78 ft, width 8.2 ft, weight 180 lbs, payload 40 lbs, loitering time 6 hrs, range 510 miles, max speed 120 mph, max altitude 15,000 ft, cost \$35,000. [Details](#). And then there's the new laser system, [HELIOS](#).
- [The Story Of Ukraine's Flamingo Long Distance Missile](#) - video [here](#). [full frame]

Nice Thing - [full screen]

- [Prelude To The Afternoon Of A Faun](#) - Claude Debussy, 1894, a symphonic poem performed by the Detroit Symphony Orchestra, 2018, [here](#).
- [Prelude To The Afternoon Of A Faun](#) - Ballet based on Debussy's symphonic work, choreographed by Vaslav Nijinsky, 1912, [here](#).

Useful Health And Nutrition Websites -

- [Health Biomarker Websites](#) -

- NIH BMI Calculator - [NIH](#) National Heart, Lung and Blood Institute [calculator](#). Find your Body Mass Index (BMI).
- Basal Metabolic Rate (BMR) - Your BMR is how many calories you burn just sitting in your chair, [calculator](#).
- Body Roundness Index (BRI) - Estimate your *visceral* fat, [details](#) and [calculator](#). Harvard background, [here](#).
- Are Your Stools Healthy? - Check the Bristol Stool Chart [here](#). You should be a Type 3 or 4. Not complicated. [Details](#).
- Nutrition Websites -
 - Is Your Favorite Food Ultra-Processed? - and good substitutes. Northeastern University [TrueFood Dashboard](#).
 - Most Nutritious Vegetables and Fruits Rank-Ordered by CDC - List [here](#). Chinese cabbage = bok choy.
 - Misleading Words For Sugar - High-fructose corn syrup, sucrose, barley malt, dextrose, maltose and rice syrup are all [forms of sugar](#). Erythritol and Xylitol have been [linked to heart disease and stroke by Cleveland Clinic researchers](#), and should be avoided as food additives. Chemical sugar substitutes to be avoided: acesulfame potassium, advantame, allulose, aspartame, brazzein, lactitol, maltitol, mannitol, neotame, rebaudioside A (reb-A), saccharin, sorbitol, thaumatin and trehalose.