

CIAP news

Stop Running, Start Eating... Cheese?

Why is the media telling us that dairy is healthy again? The Guardian, NY Times, and other major news outlets are quoting [a study published in the Lancet](#), which found "dairy consumption was associated with lower risk of mortality and major cardiovascular disease".

What didn't make the headlines is that researchers "only assessed the diet of the participants at baseline". Given that the study included participants from high growth countries including India, it is not reasonable to assume that diets would not have altered over the 15 year period.

More notable is the Australian media's failure to highlight the published response, co-written by University of Sydney's Anna M Rangan, titled, "No need to change dairy food dietary guidelines yet".

You're all very much aware that the media likes to use a catchy headline (and so does the CIAP newsletter...). And so when the Guardian writes that, "[Dairy food in moderation 'may protect the heart'](#)", it's important that you are able to find and appraise the original source of information through CIAP.

THE
LANCET

What Is The Diagnosis?

The correct answer is: **Larva Migrans**

Larva Migrans are endemic in developing countries, predominantly in tropical climates, and commonly originate from dog and cat hookworms. Eggs are passed in the dog and cat feces and larvae are hatched in moist, warm sand/soil. Infective stage larvae can then penetrate the skin.



This image was found in [Access Medicine](#) by running a search for **Larva Migrans** in the main search bar and then selecting *Chapter 144 from the Color Atlas of Family Medicine*.

Cranks, Charlatans, and Conmen!



A feature article in the BMJ investigates crowdfunding sites that are 'helping people with advanced cancer spend thousands of pounds on unproved and alternative treatments'.

Since 2012, a reported £8m (\$14.5m) has been raised through crowdfunding sites in the UK for the treatment of cancer with an alternative health element. The article goes on to highlight a young mother's unsuccessful course of treatment at a private oncology clinic in Germany costing £350,000.

[Read the full article.](#)

"Dressed-Up Quackery"

A Hornsby-based Chinese Medical Practitioner has been granted bail on charges of manslaughter after advising his diabetic patient to stop taking insulin. The trial is expected to commence this month - [SMH](#).

In light of this unfortunate incident, we thought it would be a good time to remind you that you can find evidence-based information on complementary and alternative medicines, supplements and natural therapies on CIAP, including interactions with traditional medicines.

Check out the [Natural Medicines Database](#)'.



What Apps Are You Using?



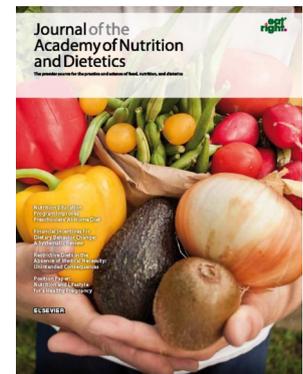
It still baffles the CIAP team when we're visiting a NSW Health hospital and a clinician says, 'Oh really, I can get the UpToDate app for free through CIAP?'

CIAP provides access to not only the UpToDate mobile app, but also eTG, BMJ Best Practice, Pediatric Care Online and a number of others. Check out our [Mobile Page](#) for the full list.

Do Healthy Schools Make Healthy Kids?

A US-based study has assessed the impact of healthier school food policies on student diets. Following the policy introduction, 13.6% more students chose to eat school meals, sugar intake was reduced by 22 grams per day, and the number of unhealthy snacks consumed after-school decreased significantly.

Read the full article in the [Journal of the Academy of Nutrition and Dietetics](#).



We'd love to hear from you...

[Tell us](#) what we should discuss in the upcoming CIAP newsletters.

Upcoming CIAP Events

Live Online Training

3 October | 14:30 - 15:30
CIAP Essentials

7 November | 14:30 - 15:30
CIAP Essentials

[Register Here](#)

Workshops

9 October | Evidence-Based Practice
Blacktown

13 November | Evidence-Based Practice
Hunter Medical Research Institute

[Register Here](#)

In-Services

CIAP Essentials at:

22 Oct | Glen Innes
23 Oct | Armidale
24 Oct | Tamworth
25 Oct | Gunnedah

[View Here](#)

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eHealth