UPDATES

Health notices · Sunday 25 October

3 notices from the agencies today, in plain words, each with the original linked.

FDA approval of metformin hydrochloride extended-release tablets

FDA · Approval

If you take metformin hydrochloride extended-release tablets, this approval means the FDA has authorized this medicine to help improve glycemic control (blood sugar control) in adults with type 2 diabetes, alongside diet and exercise.

The medicine is a biguanide, a type of diabetes medicine used as an adjunct to diet and exercise to improve blood sugar control.

This change may affect what treatment options are available to you, but the notice does not describe new steps for patients.

Read the original notice

Investigation of infections after facelift surgeries in Mexico

CDC · Guidance

If you traveled for cosmetic (facelift) surgery to a specific hospital in Jalisco, Mexico during April-September 2025, CDC is investigating a possible link to nontuberculous mycobacteria (NTM) infections.

CDC found laboratory evidence of NTM infection in five U.S. residents linked to one surgeon and one facility. Whole genome sequencing (a genetic comparison of bacteria) suggested three were likely from a common source.

During a later inspection, the operating area was closed and surgical instruments were confiscated after lapses in sterilization were identified. CDC and Mexico's Ministry of Health continue to look for additional cases.

CDC notes NTM infections can be difficult to diagnose, and routine bacterial cultures may be inadequate; specific testing (acid-fast bacilli culture) may be needed.

Read the original notice

Dry eye relief drops recalled for sterility concern

FDA · Recall

If you use Sterile Lubricant Dry Eye Relief Eye Drops from the specific listed brands, the US Food and Drug Administration says sterility is not assured.

Class II means a health hazard is possible, though the notice does not describe specific symptoms or how many products are affected.

The affected products are distributed nationwide, but your exact brand and label may determine whether yours is included.

Read the original notice

Where this comes from

- FDA approval of metformin hydrochloride extended-release tablets

  US Food and Drug Administration - Drugs@FDA · https://www.accessdata.fda.gov/scripts/cder/daf/index.cfm?event=overview.process&ApplNo=214629
- Investigation of infections after facelift surgeries in Mexico

  Centers for Disease Control and Prevention · https://tools.cdc.gov/api/v2/resources/purls/002DM
- Dry eye relief drops recalled for sterility concern

  US Food and Drug Administration - enforcement report · https://www.fda.gov/drugs/drug-safety-and-availability/drug-recalls