

## The Medical News Report for April 2013

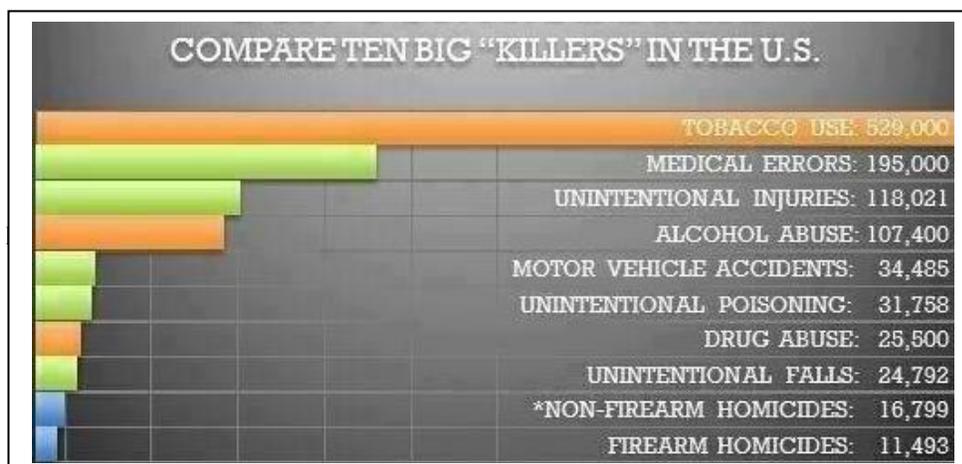
### #15

THIS REPORT WILL BE DEVOTED TO SHORTER REPORTS ON RECENT MEDICAL INFORMATION IN THE LITERATURE. I HOPE THIS CHANGE IN FORMAT (FOR THIS MONTH) WILL GIVE YOU MANY MORE MEDICAL ISSUES TO KNOW ABOUT. THERE ARE SOME DISEASES THAT JUST DON'T NEED IN-DEPTH INFORMATION. OTHERS WILL BE REPORTED ON IN A SERIES, LIKE DIABETES, DEMENTIA, SLEEP DISORDERS, HEART FAILURE, OBESITY, CANCERS, ETC. ALL OF THESE SUBJECTS JUST NEED MORE INFORMATION REPORTING THAN OTHERS. FOR THOSE OF YOU WHO WANT TO READ SHORT BITS OF INFORMATION ONLY, YOU WILL BE HAPPY IN THIS MONTH'S SUBJECT MATTER.

ALSO, SINCE I SPENT THE LAST FEW MONTHS ON ALLERGIES, I WANT YOU TO KNOW THERE IS AN APP FROM I-TUNES FOR I-PHONES AND I-PADS THAT IS SPECIFICALLY FOR ALLERGY ALERTS. IT COMES FROM WEBMD. YOU CAN GET WEBMD MAGAZINE ONLINE FOR FREE AND IN THERE IS AN APP FOR ALLERGY ALERTS. CHECK IT OUT.

ALSO, I WILL WAIT UNTIL NEXT MONTH TO COMPLETE THE FINAL CHAPTER ON ALLERGIES—SKIN MANIFESTATIONS.

WANT TO KNOW WHAT IS KILLING US?



## SHORT SUBJECTS FOR THIS MONTH

1. ESTROGEN AND THE POST-MENOPAUSAL WOMAN
2. DIABETES-SOME THOUGHTS ABOUT INCIDENCE
3. THE BEST TIME TO TAKE YOUR PILLS
4. COFFEE AND TEA-IS IT MEDICINE?
5. CERTAIN MEDICATIONS COMBINED CAN HURT YOUR KIDNEY FUNCTION
6. A NEW HOSPITAL ACQUIRED INFECTION HAS A 50% MORTALITY RATE
7. BULLYING AND BEING BULLIED CAUSES LIFE- LONG PROBLEMS
8. FOOD ADDICTION
9. HEALTHCARE UPDATE-55 DRUGS COST MEDICARE 85% OF THE MONEY SPENT ON PART B DRUGS. CONGRESS WANTS TO REGULATE COMPOUNDING PHARMACIES



### **1. Estrogen and the Post-menopausal woman**

**In 2002, thousands of post-menopausal women stopped taking HRT (hormone replacement therapy) because studies came out**

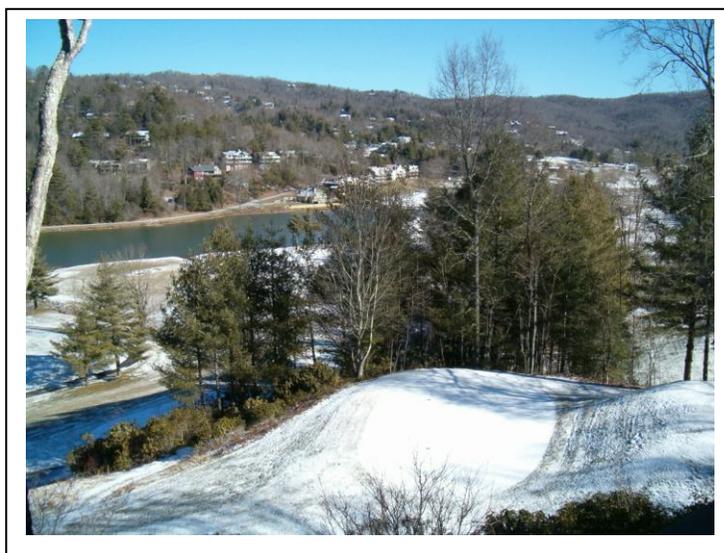
and reported that **HRT increased the risk of breast cancer**. Now, a huge study in Capetown, South Africa, announced that those results have been reversed with this new study. In fact, estrogen/progesterone or estrogen alone were **NOT** responsible for increasing the risk of breast cancer in women who had a hysterectomy or went through menopause. In fact, obesity may be a bigger factor.

Initially, those researchers saw a decrease in breast cancer incidence after so many women stopped taking HRT, but it turned out that the decrease **started 3 years before 2002 and the drop in numbers of women taking HRT didn't start until 2002.**

It is felt there **is no increase risk** in developing breast cancer in post-menopausal women if the woman and their doctor felt it was reasonable to take low dose HRT. Therefore, if you want to consider taking HRT for a good reason, see your doctor and re-discuss it. HRT was recommended for years to help prevent osteoporosis, heart disease, and significant symptoms from estrogen deprivation (hot flashes, sleep disturbance, mental instability, etc.).

One of the **biggest problems I see is the flip flopping of research** over the past 10 years with results. It is very confusing. When people are confused, they don't take the medicine or do a test even if they need it. Look at the mess created by the Feds and cancer screening. I stand by the American Cancer Society's recommendations [www.cancer.org/cancerscreening](http://www.cancer.org/cancerscreening)

### Sky Valley Winter snow



## **2. Diabetes is ruining the health of our country**

**Diabetes will be covered in several reports, but since Diabetes Awareness Day was March 26, I wanted to take this opportunity to get started with some information about the epidemic that is occurring, not only in adults young and old, but in children and adolescents. Here are some astounding stats:**

- 1) 28.5 million Americans have diabetes mellitus (8.3% of the population). (fasting blood glucose greater than 125mg/dl)**
- 2) 7 million have diabetes and don't know it.**
- 3) 1.9 million Americans were diagnosed in 2010.**
- 4) 1.5 million Americans had diabetes in 1958 and now 28.5 million have it. EPIDEMIC!**
- 5) 79 million have pre-diabetes (fasting blood glucose between 100mg/dl and 125mg/dl). Diabetes has a blood sugar greater than 125mg/dl.**
- 6) There are 5% of diabetics with type 1 (starting in childhood usually).**
- 7) 95% of diabetics have type 2 (a preventable disease)**
- 8) If a woman has gestational diabetes (elevated blood sugars during pregnancy) there is 35-60% chance of developing diabetes within 10-20 years.**
- 9) 11.3% have diabetes at age 20 or older, whereas 26.9% develop diabetes at 65 or greater.**
- 10) 10.2% white, 18.7% black, 11.8% Hispanic, 16.1% American Indian, and 8.4% Asian-Americans have diabetes.**
- 11) Diabetes is the 7<sup>th</sup> most common cause of death in the U.S.**
- 12) The total cost of diabetes in America= \$174 billion/yr**

**The epidemic of diabetes is linked directly with the obesity epidemic. However, it can be preventable with an average loss of 5-7% of body weight, decreasing caloric intake, exercising 30 minutes per day, making healthier food choices to lower the cholesterol and triglycerides. Reminding your family and friends of the ABCs of diabetes will raise awareness.**

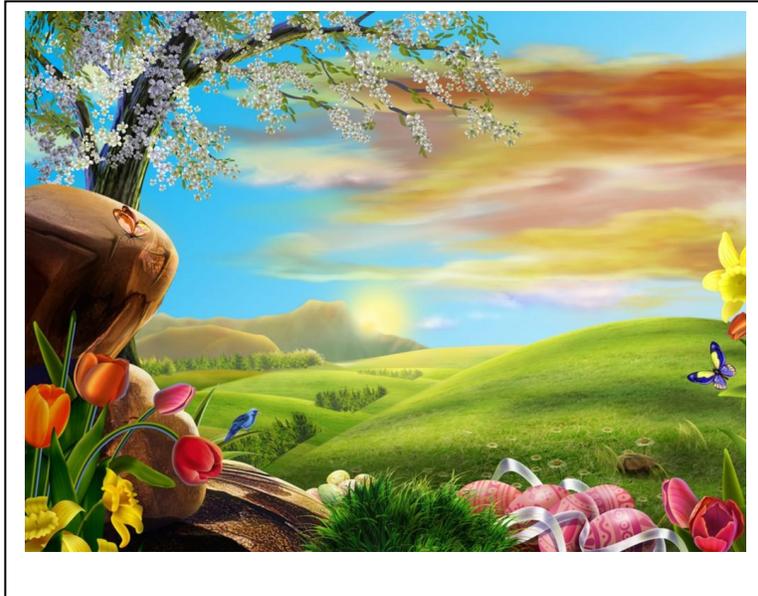
**3 things to keep in mind in controlling diabetes:**

**A-keep the hemoglobin A-1C less than 7%.**

**B-keep blood pressure less than 130/80.**

**C- keep cholesterol less than 100mg/dl.**

**References [www.yourdiabetesinfo.org](http://www.yourdiabetesinfo.org) and The Nat'l Diabetes Education Program**



### **3. The best time to take pills, see doctors, etc.**

**a) Supplements are best taken with food whether the supplement is fat or water soluble. They absorb better with food.**

**b) Doctor appointments best in early morning or first appointment in the afternoon, so you will not wait as long. If fasting, best in the early morning.**

**c) Aspirin at night (heart attacks occur early in the day) The anticholesterol drug class- statins and other fat fighting meds should be taken at night (the liver metabolizes fat more at night). More on this subject next month.**

**d) The body's temperature drops slightly between 1-2:30pm, and that is the most likely time you will feel drowsy. Your body clock is saying the best time to take a 15-20 minute nap is then.**

**e) Walk after a meal to assist in digestion. It will divert more blood away from your stomach and prevent the “brain shunt”.**

**e) Exercise is best no later 6pm, so it will not interfere with sleep.**

**f) Sleep 7-8 hours and diminished stress since it is the best medicine!!**



#### **4. Coffee and tea---is it medicine?**

**There have been many claims about the benefits and hazards of coffee and tea. However, there is more good news than bad. If you are trying to limit caffeine for medical reasons, please continue, but coffee and tea are still good for most of us. Decaffeinated drinks are not totally caffeine free. These chemicals in coffee: polyphenols, diterpenes, and cafestol all protect against the oxidative DNA damage of cells just like other anti-oxidants (antioxidants and the oxidative process were explained in a previous report) Consult my website [www.themedicalnewsreport.com](http://www.themedicalnewsreport.com)**

**These effects are well documented now. Recently, research has discovered that coffee actually improves survival in patients with oral cancer and green tea decreases the inflammation through the same process as above and can decrease the PSA test for prostate cancer. It does not help prostate cancer**

**survival, but there is some evidence that 6-8 cups per day helps prevent it. Recent studies suggest green tea may inhibit breast cancer cells by affecting the growth factors of the cancer. This study was performed at Columbia Medical Center in NYC.**

**Please understand that these studies have not been repeated and therefore are exciting but premature to call coffee and tea anti-cancer agents but may be in the future. Any antioxidant is potentially going to help cell metabolism, and with proper diet and exercise has its place in trying to assist us in staying healthy.**

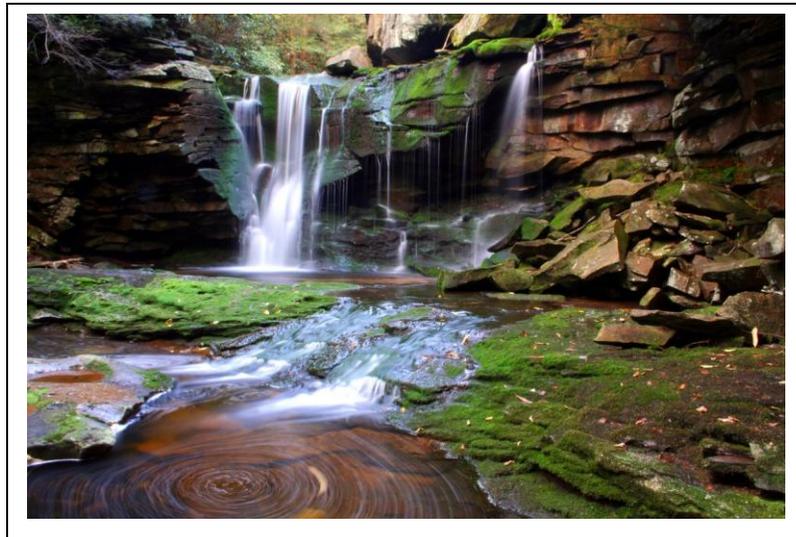


## **5. Kidney Failure is greatly increased with these meds combined**

**Triple therapy with a blood pressure medicine, a diuretic, and an NSAID is not all that uncommon. A diuretic with a blood pressure pill is very commonplace. They can cause kidney damage. Taking NSAIDS (non-steroidal anti-inflammatory drugs— i.e. Aleve, Ibuprofen, Celebrex, Mobic, etc.) are well known to possibly interfere with kidney and liver function. If you take these headache/arthritis meds routinely without telling your doctor, you are running the increased risk of kidney failure. A recent study proved the point nicely ( Ref:Medpage).**

**I personally got into trouble with temporary kidney failure by taking the drug, Indocin (a more potent form of Aleve). If my internist had not been checking my creatinine and BUN (kidney function tests), I would not have stopped the medication in time**

**for the kidney function to reverse. It took a year for my kidney function to return to normal. What is worse, I was on a diuretic and 2 blood pressure pills. I have stopped the diuretic and will not be able to take another NSAID. Following blood tests for possible abnormalities from meds you are on, makes it imperative for you to follow-up with your doctor routinely.**



## **6. The new resistant hospital acquired infection kills 50%**

**We have all heard about MRSA infections in the hospital. This is a Staph germ that is resistant to stronger penicillins like methicillin. The newest kid on the block comes from the GI tract and is called enterobacteria species, which are resistant to a group of antibiotics by the name of carbapenems. The Cephalosporin antibiotics are in that group. Klebsiella pneumonia and E.coli infections have been reported in over 200 US hospitals just recently. These bacteria come from hand contamination by the staff in hospitals. Patients most likely to be infected are those with some type of apparatus in their bodies (catheters, IVs, NG tubes, drains, etc.) There is a mortality of 50% if you get infected. These bugs are resistant to almost all**

**antibiotics. Although they are found mostly in acute care hospitals, they are showing up in nursing facilities.**

**Hospital patients contract 2 million infections per year, and the most common route comes from HANDS!**

**Demand that no one comes into your hospital room without washing their hands with soap including doctors and nurses. Alcohol containing hand gels are not as good.**

**Artificial fingernails need to be banned in hospital staff personnel. They harbor bacteria!**

**Do you know how to wash your hands to decontaminate them? Go to the CDC website and click on hand hygiene!**

**Keukenhoff Gardens, Amsterdam**



## **7. Bullying scars the adult mind**

**Bullied kids in school are 3-5 times more likely to have an anxiety or panic disorder or agoraphobias (can't go outside-especially women) through their 20s. There is a 5 fold increase in depression. As for the bullies, there is a 4 fold increased likelihood of anti-social personality disorder.**

**Antisocial personality disorder affects 2.5-3.5 % of the populations. Prisons are full of them. Besides being bullies, they come from tough family situations including drug and alcohol abuse, child abuse, or parents with the disorder. These people don't have a conscience, and will lie, cheat, or steal without remorse. They are also at high risk for drug and alcohol abuse, abuse their kids, and commit suicide. Psychotherapy helps but keeping these people in treatment usually won't last.**

**Do not let bullying go on in your schools. This behavior creates life long trouble. JAMA-Psych 2013**

**Butchart Gardens, Victoria , Canada**



## **8. Food addiction**

**Salt and fat are two of the most addicting tastes, but sugar is even worse. Foods are designed to addict. That satisfying crunch, texture, and salty or sweet taste imprints on your brain. You won't forget it. With half of all Americans overweight, and 40 million obese, this country is at the mercy of the food industry. There are no regulations! The industry knows what it takes. Fast food, prepared frozen dinners, snacks, portion size, convenience, advertising, food courts in malls, the smell.....**

**The chunkier the soup, the thicker the sauce, the richer, saltier, and fatter the taste will bring you back for more. Now we have**

**power drinks and coffee shops every block to addict us to caffeine, and boosting our energy.**

**Processed cheese came about because it could be creamier and easier to cut without crumbling. Now cheese is in every sandwich. Processed meats increase the risk of heart disease, cancer, and diabetes.**

**Mothers went to work a few decades ago, and that necessitated feeding the kids faster and on the run. We have become overweight ever since. It was not long ago, you could not even buy a good frozen pizza, and now those are more popular by far. Fake fruit and more sugar in cereals, flavored chips, all have fattened us up.**

**Add the fact that Americans are more sedentary than ever, and kids spend hours on electronic media (way to go folks), not exercising. Adults are in front of the TV instead of outdoor activities. Imagine how much weight Americans put on in the winter.**

**What do we do about it???? It is up to you!**



## **9. Healthcare update-**

**A. 55 drugs account for 85% of the \$19.5 billion Medicare spends on Part B drugs. Consider that 8000 Americans are turning 65**

**every day. It doesn't take a genius to figure Medicare can't sustain viability, and yet a huge number of seniors are selfish enough to support no cuts in Medicare. Shame!! It is coming regardless. Even Obama sees it now that he has your vote and securely enjoying his second term. Big Pharma continues to charge what it wants for these drugs, and all it takes is for our Congress to pass legislation to give Medicare the authority to negotiate with them. They do it in Medicaid....so what is holding them back??? LOBBYISTS! It is our money!!!**

**B. Congress has finally wiped the egg off the face of the FDA, and decided that it needs to regulate **compounding pharmacies** the same way it does regular pharmacies. Duh!!! I reported on the outright illegal activity of these pharmacies. There are hundreds of these pharmacies, and they are **not** allowed to mass produce drugs, like the steroid injected in spines and joints that have killed a few hundred patients, and have infected and permanently disabled a few thousand. This is a multi-billion dollar industry. (I reported on this before).**

**They are authorized only to fill individual prescriptions when the drug needs to be made into a form that the pharmaceutical companies don't make. Doctors and administrators of medical facilities are at fault too. They bought these drugs at discount prices protecting their bottom line and should all be punished. As the Massachusetts pharmacy that was sending out fungal contaminated steroids, has gone bankrupt and just before that their CEO withdrew \$16 million from the company before declaring bankruptcy. You saw it on "60 Minutes". Why is he not in jail?? The FDA can't guarantee drugs are safe. JUST GREAT! It is responsible for overseeing these compounding pharmacies, but the states regulate them now. Both are responsible. They also didn't tell you that Medicare was unknowingly paying for these unapproved FDA drugs. They normally don't pay for Non-FDA drugs. Way to go Feds!! I suspect the Congress will authorize the FDA to regulate these pharmacies just like the regular pharmacies.**

**This completes the March edition.**

**As always, this is information from a multitude of sources, and not meant to be medical advice. The references on my website and those cited in this and every report are useful, reliable, and will give you much more information about treatment. You may have noticed that I dwell on diagnosis, classification, and presentation of diseases much more than treatment. The proper treatment requires individualization, and consideration of other co-existing diseases that may complicate the treatment. The experience and expertise of the physician, staying up with the latest research, side effects of medications, and complications of disease is big job, and you should thank them for their dedication. HAPPY EASTER AND SPRING!**

**Stay healthy and well my friends! Dr. Sam**

