
Focus on Health

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Gynecologic Endocrinology

Inaccurate Cancer Test

By far the most frequent false positive screening test for cancer is a flexible sigmoidoscopy, according to a study at the National Institutes of Health in Bethesda, Maryland. This is true for both men and women.

Women and Viagra

A multicenter, double-blind study on Viagra use by men for ED (Erectile Dysfunction) showed it to be very effective, but women were not evaluated. My experience with similar PDE inhibitor drugs (Levitra and Cialis) in women has been very favorable over the past three years in improving blood flow to the labia and clitoris, and thus arousal and lubrication.

As part of the professional services I feel should be provided by me to my patients, screening of the voluminous medical literature has become more and more important. Please read this now. Perhaps you have seen a new item that I have not included in this newsletter or have not seen myself. If so, feel free to bring it to my attention.

MRSA News

In 1843 Dr. Charles Meigs, a prominent American obstetrician stated "Doctors are gentlemen, and gentlemen's hands are clean." In these days when we fear MRSA hospital-transmitted infections, doctors and nurses are again being **required** to wash their hands. By the way, antibacterial soaps are no more effective at preventing infection than plain soap and water, so don't waste your money.

University of Arizona researchers determined that television remotes are the worst carriers of bacteria in hospital rooms, worse even than the toilet handles, for spreading MRSA (Methicillin Resistant Staphylococcus Aureus), which contributes to 90,000 annual deaths from infection acquired in hospitals. According to population statistics that would be 19 ½ people die every day in Texas from MRSA.

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Doctor's Responsibility

A doctor's responsibility to his patient is absolute, as is his obligation to use his best judgment regarding diagnosis and treatment. This is a quote from a malpractice attorney's recent article.

TP History

In 1935, Northern Tissue proudly introduced "splinter free" toilet paper. Previous options included tundra moss for Eskimos, a sponge with salt water for Romans, and corncobs for the American West.

Get your ZZZZZ's

There is no prescription for the perfect amount of sleep. A new Washington State University study suggests that genetics may determine the amount of sleep an individual needs and that it is therefore inherited.

AVOID AVANDIA

The type 2 diabetes drug Avandia has been linked to brittle bones and should be avoided for this and other reasons.

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