
Focus on Health

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Gynecologic Endocrinology

Fish Oil

Fish Oil supplements do not slow the progression of dementia, says a study from the Oregon Health and Science University in Portland. These supplements do have other benefits, however, including slowing coronary artery disease.

Veggie vs. Meat

Low carbohydrate diets: Plant-based versus animal-based — and mortality. From two studies: *JW Gen Med*, September 15, 2010, p. 141, and *Ann Intern Med*, 2010;153:147. Plant-based low carb diets appear to be superior to animal-based ones.

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. The information in this newsletter is derived from periodicals and books which I have read and whose information I have consolidated. Perhaps you have seen an item that I have not included in this list or have not seen myself. If so, feel free to bring it to my attention.

Genetic Cancer

Lynch Syndrome, a common genetic cancer susceptibility syndrome, is responsible for the majority of hereditary endometrial cancer, colorectal cancer, and ovarian cancer. Also there is high risk for stomach, pancreatic, biliary, kidney, and brain cancer. Even without family history, all patients younger than 50 with endometrial or colon cancer are highly suspect for Lynch Syndrome. Early identification of this syndrome is crucial for proper medical and surgical treatment. This is from *The Female Patient*, October 2010.

Too Much Fructose

If *You Want to Age Gracefully, Don't Eat This* – author Dr. Joseph Mercola. Too much sugar, particularly fructose from processed foods and soft drinks, and too little exercise are a lethal combination over a lifetime. More than 30 years ago scientists learned how to cheaply produce sugar from corn. Corn syrup is almost pure fructose. Many fruits are high in fructose content as well. Sugar binds with proteins which creates inflammation. Total daily fructose consumption should not exceed 25 grams. Fructose worsens insulin resistance. This is reflected by measuring blood uric acid levels, which should not exceed 5.5. If they do, they can be lowered with a drug named Uloric.

Air Pollution

There is a surprising strong and consistent link between air pollution and Type II diabetes. Air pollution causes chronic low grade inflammation not only in the lungs but elsewhere in the body as well. This study was reported from Boston Children's Hospital.

Friends

Harvard researchers find that the more obese friends you have, the more likely you are to become obese yourself. For example, four obese friends doubles your risk of becoming obese due to social networking.

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