
Focus on Health

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Soybean Oil

Soybean oil is a new source of heart healthy fatty acid. The oil, whose taste is undetectable, can be added to food for a healthier diet.

Macular Degeneration

Cases of age-related macular degeneration are rising significantly due to our aging population with resulting loss of vision and disability. Existing therapies could cut visual impairment by 35%. One cost effective way to delay the disease is through antioxidant vitamin therapy.

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Presurgery Scrub

A presurgery scrub for several days prior to surgery of the patient's operative site with a product like Microcyn is recommended by a recent article in *The New England Journal of Medicine*.

Breast Feeding

From an article in *OB-Gyn News* — the longer a woman breastfeeds, the less likely she will develop metabolic syndrome over time, and therefore less risk of diabetes and heart disease. The reasons for this are so far obscure.

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.

Acinetobacter

A new drug resistant bug is gaining ground in hospitals. It is called acinetobacter, and it causes pneumonia and bloodstream infections. Over time it has become resistant to most of the drugs used to treat it. Data from 300 hospitals showed a 300% increase in resistance to the drug of last resort, Imipenem. This study is in the journal *Infection Control and Hospital Epidemiology*.

Fewer Strokes

A nine-year study showed that men who exercise regularly are 63% less likely to have a stroke compared to men who were sedentary. In women, there was no effect on chances of stroke related to physical activity. The reason is as yet obscure, and these data should not be used as an excuse by women to avoid exercise. Average age of the study participants was 69.

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