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# Focus on Health

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## Sunscreen

Applying sunscreen should be a part of everyone's daily routine, especially for the young. Using sunscreen regularly during the first 18 years of life can reduce the lifetime incidence of skin cancer by 78%. I recommend ELTA Sport or ELTA Gold.

## Tell Doctor All

A survey of cancer patients done by M. D. Anderson Hospital in Houston revealed that 83% of them were taking complementary treatments on their own and most did not report it to their doctors. That is not a good idea. Tell your doctor about everything you are doing or taking. If he or she disagrees, ask why. If you disagree, find another doctor who thinks "outside the box."

## Acomplia

The weight loss drug Acomplia received conditional FDA approval in February 2007. An FDA advisory committee meets on June 13<sup>th</sup> to give the final green light (hopefully).

## About Weight Loss

The **China Study**, a book written by Drs. Campbell and Campbell (father and son), describes an eating pattern which they call "a whole food plant based plan" and is based on real scientific studies rather than the latest fad. It turns out to be vegetarian with practically no animal source protein or fat and is therefore high in complex carbohydrates. This is a radical departure from the Atkins diet, South Beach diet, etc. Try it for a month and the results will be self-evident. I did!

## Vertebral Fractures

Once yearly intravenous infusion of zoledronic acid reduces vertebral fractures significantly in clinical trials called the HORIZON study, says a New England Journal of Medicine article.

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A study done years ago and repeated many times since showed that fat people who have lost large amounts of weight might **look** like someone who was never fat, but they are very different. In fact, by every metabolic measurement they seem like people who are starving. This is a very discouraging fact for those who are trying to lose weight on any diet unless they have pharmacologic (drug) help and stay on it forever.

## Early HRT

There is a critical period for hormone replacement therapy-related brain protection, thus it is important to initiate such therapy **early** for cognitive benefits.

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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.

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