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# Focus on Health

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### Mortality Rate Down

**A** society wide reduction of hemoglobin A1C, a measure of blood sugar levels, 0.1% has the potential to reduce the total of US mortality by up to 6%.

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### Coumadin and Aspirin?

**P**eople who have atrial fibrillation can use both an anticoagulant such as Coumadin and an antiplatelet medication such as baby aspirin together for optimal protection against emboli with minimized risk of bleeding problems.

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### Lower Your LDL

For patients whose LDL cholesterol levels are over 60, or C Reactive protein levels are over 2, the rate of recurrent cardiovascular adverse events (heart attack, stroke, aneurysm rupture) is more than double the rate of the average population.

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### Biggest Killer- Cancer or Cardiovascular

**A**lthough cardiovascular disease is still the leading cause of death overall for people of any age in this country, cancer is now the leading cause of death prior to age 85. Chemotherapy and radiation, which is the standard treatment for metastatic cancer, may delay death, but is harmful to the body's immune system and does not make sense as a way to cure metastatic disease.

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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 if you have time before I see you, so that we can further discuss whichever topic especially interests you.

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.

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### DHEA and Abdominal Fat

**D**ehydroepiandrosterone, the adrenal hormone (also known as DHEA) increases testosterone and estradiol levels in women, but only raises the estradiol level in men. Both men and women who take DHEA lose abdominal fat, but women lose slightly more than men, 10% versus 7%. Insulin sensitivity improves dramatically as well. Other studies have suggested that DHEA improves libido, muscle mass, and energy levels in those older than 70.

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### Morning After Pill

**E**mergency contraception (also known as the "morning-after pill") is not an abortifacient. It simply prevents conception by a combination of delaying ovulation and a local effect on the endometrium which prevents fertilization.

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