

Focus on Health

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HRT Favored Again

In a sharp reversal, the National Institutes of Health sponsored a new study of heart disease which showed that hormone replacement therapy decreased risk by 30%. This will probably continue to increase as the study lasts longer. The previous NIH study 4 years ago showed increased risk, because it was poorly conceived and done. Even this continuation study ignores bioidentical nonoral hormones and instead uses Premarin and Provera.

Tea Tree Oil

Tea Tree Oil applied topically can increase resistance to the deadly methicillin resistant staphylococcus aureus bacteria frequently found on skin. A compounding pharmacist can make it.

Speedy Recovery

Gum chewing speeds postoperative recovery of normal bowel function (reduces ileus) and saves days of expensive hospital stay (750 million to a billion dollars less nationwide per year).

Estrogen Not To Blame

A new study from Yale shows that women who take estrogen alone after a hysterectomy do not increase their risk for breast cancer. That points to progesterone, especially the synthetic Provera as the culprit, and suggests RU-486, an antiprogestosterone, as useful in hysterectomized women.

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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.

Stuff You Need to Know

Exercise improves skin wound healing. Stress from bickering with a spouse hinders it.

To be effective, hand sanitizers must be at least 60% alcohol. Purell has 62%.

Surgical biopsy to evaluate breast cancer is strongly discouraged. Needle biopsy instead is the procedure of choice.

Injections (supposedly into buttock muscles) fail to reach the muscle tissue in two-thirds of patients due to trunkal obesity.

How much chocolate is good for your heart? Four of the 1 by 1 inch squares of dark chocolate snapped off a large chocolate bar once a day is it.

Several articles have appeared in the literature implicating a viral cause of obesity. It is puzzling how medical researchers have and are ignoring this, since epidemiologic studies support this concept.

Droplets in a sneeze travel as fast as 150 feet per second and as far as 12 feet.