



Life in These Parts

A grateful Young K. Paik, director of Hawaii Bone Marrow Donor Registry wrote: "On behalf of the Registry, the St. Francis Medical Center and all patients, present and future, in need of a bone marrow donor, I would like to express our profound gratitude to the volunteers, the media and the 30,574 people of Hawaii who registered with us during the past month."

Kaiser Medical Center launched a Diabetic Limb Treatment Program in January 1995 to prevent limb amputations among its 8,000 identified diabetics. The program was staffed by vascular surgeon Peter Schneider, internist Mitchell Motooka, orthoped Mark Santi and podiatrist Earl Wong. Comparison of 1993 and 1995 results were remarkable: Amputations dropped 56% (52 to 23 cases); hospital admissions dropped 16% (159 to 134 admissions) and hospital days dropped 65% (2,843 days to 995 days).

Miscellany

A car skidded on wet pavement and struck a light pole. Several bystanders ran over to help. A woman was first to reach the victim, but a man rushed in. He pushed her back and barked, "Step aside, lady. I've had a course in first aid."

The woman watched his procedures for a few minutes and then tapped him on the shoulder, "Pardon me, but when you get to the part about calling a doctor," she said, "I'm right here."

From Playboy's Party Jokes July 1996

A young physician would drop into a bar after office hours to order a daiquiri cocktail with nutmeg sprinkled over it. One evening the bartender discovered he was out of nutmeg, but he had a bowl of mixed nuts on the back bar. He grated a hickory nut over the daiquiri and served it to the doctor.

After a sip, the doctor asked, "What's this?" "A hickory daiquiri, doc," was the reply.

From Laughter—The Best Medicine

The 30-year-old grand multip had just given birth in the northern Ontario hospital. She was being gently persuaded by my colleague to consider sterilization. "You've had ten beautiful babies," he reasoned. "Don't you think you should have your tubes tied?"

Her response was quick and to the point. "It's a bit permanent, isn't it?"

Stitches Oct. 1994, T.R. Aitken, Stratford Ont.

Discrimination?

I had finished my OB-Gyn training and had just opened my office. An elderly gentleman walked into my office and requested an appointment to see me. My secretary politely declined the request saying I was a "woman's doctor." After further attempts on his part, she finally said, "I'm sorry, but the doctor only sees women."

Indignant, he replied, "Is that legal?"

*Stitches, June 1996
Michael Green, Cogourg, Ont.*

Appointed

John Edwards Jr., QMC VP for physician relations was appointed president of Diagnostic Laboratory Service Inc. (owned 90% by QMC and 10% by KMC)

Brian Martin was elected president of Mental Health Association in Hawaii. Neal Winn was promoted to VP of Medical Affairs, Kapiolani Health, holding company for Kapiolani Medical Center for Women & Children. John Morris was named president & chief executive officer of Queen's Managed Care Plans. Marek Mirski, former assistant professor in Neurology at John Hopkins was appointed director of QMC Neuroscience Institute.

Sportsmen

Veteran kendoist, Noboru Akagi (7th dan) will head a Hawaii physician delegation to participate in the All Japan Physician Kendo Tournament in Okinawa, September 21 to 23. The Hawaii team includes Steve Wilson (3rd dan), Michael Kurosawa (2nd dan) Warren Ishida (1st dan) and Junichi Tokeshi (1st dan).

Girth Control

In my early years of practice, amphetamines were widely used as appetite suppressants. A 40-year-old man who'd come for a different reason turned as he was leaving the consulting room and asked, "Say, Doc, could you give me some of them appetite pills?"

I was desperately busy, so I simply wrote a prescription for 30 once daily amphetamines and admonished him to be sure to return in one month so we could follow his weight loss.

He dutifully returned. Noting that his weight was down only half a pound, I said, "I guess those pills didn't work well for you."

He replied, "No, I guess not, Doc. But you know, it's a funny thing—since I started them pills, I just had to force myself to eat as much as I used to."

*Condensed from Stitches
J.E. Golumbia, Saskatoon*

Researchers Report

Researchers reported in the Archives of Internal Medicine that Dutchmen who drank black tea and ate apples had a 73% lower risk of stroke. A 15 year study of 552 Dutchmen showed that high flavanoid intake had an antiplatelet aggregation effect as well as an antioxidant effect.

A Harvard Medical School researcher Ichiro Kawachi reported in the Archives that women who drank coffee were less prone to commit suicide. The study included 86,626 female nurses from 1980 to 1990. There were 11 suicides among those who drank 2 to 3 cups of coffee and 21 among those who almost never drank coffee. The report is consistent with a 1993 Kaiser report of 128,934 men and women who showed a lower suicide risk among those drinking more coffee.

Researchers at University of Michigan Medical School led by a Sewon Kang reported in the Archives of Dermatology that Retin-A rubbed

daily for six months on stretch marks from pregnancy or obesity shrank the stretch marks 14% lengthwise and 8% in width in 10 patients (ages 17 to 32).

A study published in the JAMA and conducted by Medical College of Wisconsin researchers on 13 young, fit volunteers revealed that the treadmill burned 700 calories an hour, the stair machine 627 calories, the rower 606 calories, the cross-country ski machine 595 calories, the Airdyne 509 calories and a regular stationary bike 498 calories.

Indicator

Recently, when doing a preop assessment of a patient scheduled for mastectomy, I noticed rather prominent and somewhat pulsating neck veins. The patient hadn't noticed them, so I asked her husband who was in the room, if he had noticed them. He blushed and said rather hesitantly, that, yes, he had on many occasions while in bed. He used them as an indicator as to how he was performing.

Eric Paetkase, Ontario

Potpourri

- Signs you need a new doctor
- You can read his handwriting
- His malpractice attorney named him Client of the Year"
- He asks you to turn your head and cough during an eye exam
- During surgery he keeps repeating, "The thigh bone's connected to the knee bone."

*Laughter, The Best Medicine
Readers Digest August 1996*

Conference Notes

Visiting Professor Lawrence Tierney

Iatrogenic Disease

Iatrogenic: "Induced by a physician" Hippocrates said: "Do no harm. Iatrogenic illness are as old as the practice of medicine" Moses called them "Diseases of medical progress."

Clinical Expressions of Iatrogenic Illness

- Direct bodily harm related to diagnosis, invasive therapeutics, or supportive procedures, surgery, newer medical therapies
- Organ specific or systemic insult from drug therapy (dose related, idiosyncratic, interactive, expected effect).
- New disease as an indirect consequence of previous therapy
- Expression of natural history of diseases
- Insult unrelated to process of care giving (eg. falling out of bed)

Etiologies of Iatrogenic Illness

- Bad luck ie. Murphy's Law
- Problems with history, esp labeling
- Ill conceived or eccentric use of diagnostic tests
- Gaps in diagnostic synthesis

- Therapeutic misadventure; remember surgery has self recognized, 100% incidence of iatrogenic injury.
- Assumption of innocuous nature of care process
- Novel biomedical events
- Sociologic phenomena

Several Causes of Iatrogeny

- Stringent requirements of training with resultant lack of experience
- Managed care
- Diffusion of responsibility
- Stress and fatigue
- Archaic society favoring action over observation for coin toss situations
- Reversed system resulting in high esteem

tendered to journal jockeys..ER "rocks"

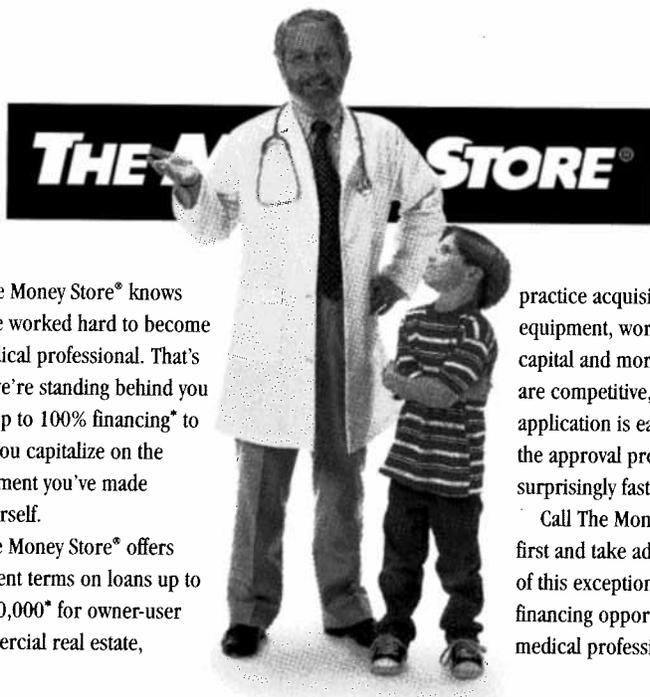
- Medicine as apprenticeship..."See one, do one, teach one" technique as an end

What Can we do?

- More scrupulous attention to what we do
- Be more attentive to rewards system eg. fundamentals and deemphasize technical procedures
- Guidelines: Any procedure which can be taught within 72 hrs. Be skeptical about new procedures eg. streptokinase, tPA etc.
- Recognize that we make mistakes eg. isoniazide hepatitis

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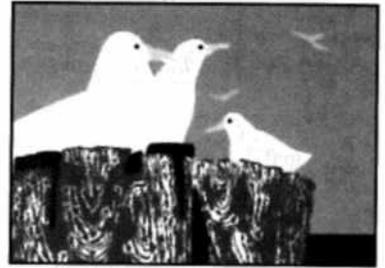
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