



## Life in These Parts

### Appointed, Elected & Honored

Straub oncologist **Reginald C.S. Ho MD** was awarded the prestigious La Salle D. Leffal Jr. Award for his outstanding and continued work with cancer patients. Reggie received the award on April 26 during the 6th Biennial Symposium on Minorities, "The Medically Under Served & Cancer."

While ACS National President, Reggie was concerned about the national surveys which showed that pain in cancer patients was inadequately treated and that most cancer patients died in pain. He organized a task force of cancer pain experts which helped ACS develop a program to correct the issue. Reggie states, "No cancer pain should be endured. Cancer pain can be relieved 90% of the time with relatively simple treatments and with more effort, the rest of the time. Patients should not be afraid to take pain medication at the dosages prescribed by their doctors; patients rarely become addicted. It's also very helpful for the cancer patient to develop a positive attitude with meditation and prayer. And I recommend that cancer patients understand their right to expect pain relief."

**Ruth Matsuura**, Hilo pediatrician and wife of the late Senator Richard Matsuura was honored in June with Hilo's Distinguished Humanitarian award.

EMS physician **Samuel Gingrich** was awarded the prestigious "Livingston M.F. Wong Lifetime Achievement Award" in an awards ceremony at the 12th Annual Pre-Hospital Emergency Care Symposium on May 17 at Kuakini Medical Center.

### National News

#### Hi Lites of Tobacco Deal:

**Penalty**—Tobacco companies pay \$360 billion in the first 25 years and then 15 billion a year.

**Nicotine**—The FDA could regulate nicotine as a drug, but could not ban it until 2009.

**Cigarette Corporations' Liability**—Sick smokers could still sue the industry.

#### Marketing—

- No bill boards or other outdoor ads.
- No humans or cartoons in ads or on cigarette packs.
- No brand name sponsorship of sporting events.
- No cigarette vending machines.

\*\*\*Settlement ends 40 state lawsuits seeking to recover Medicaid money spent treating sick smokers and end 17 class action suits against the industry.

#### Losers—

- Smokers could pay 75 cents to a dollar per pack.
- Farmers, mostly in south, might suffer from dropping tobacco sales.
- Convenience stores, which sell half the cigarettes in the U.S. lose business.
- Lawyers lose out - people suing cigarette

companies can only recover actual damages eg. medical costs.

### Medical Tid Bits (Gleaned from PlayBoy June 97)

#### Oil of Oleo—

Joaquine Brear, clinical dermatologist, U. of Illinois says, "The best over the counter treatment for dry skin is CRISCO."

### Name that Symptom (From Stitches June 1997)

#### Name that Symptom—

The other day a 25-year-old Chinese patient came into the clinic complaining of neck pain.

After examining him, I concluded that he had a neck strain. I wanted to prescribe Naprosyn, and asked if he had asthma (for which the drug is contraindicated). He didn't understand me, so I made a gesture towards his chest and asked him if he'd experienced wheezing.

With great excitement, he pounded his chest and repeated, "Yes! Me wheezing! Me wheezing!"

I looked at him with great confusion, he knew I didn't understand his excitement, so he pointed to his chart, where it revealed his name: Wei Zeng. (Sheila Rothstein, Ottawa)

### New Appreciation for "Dr Dara's Diary" in Stitches June '97

(Excerpts therefrom which we find true in our own practice)

#### Monday—

"But the day was very busy and trying. In between the sick and dying were many who in politically correct days were called 'inadequate' and, prior to that, just plain 'whiners'."

#### Wednesday—

"I do hate it when spouses say to me, 'Tell him/her not to... but don't say I told you.' The problem is I'm such a bad liar."

#### Friday—

"I unfortunately had to inform an old lady, the last patient of the day, that her dementia had now made her a liability, on the road, and that she would have to give up her driver's license. 'I guess you're right,' she said. 'I often forget where I wanted to go and after a fruitless drive around town, I give up and go home, though sometimes I have difficulty finding that'."

### Conference Notes

"Nihonsan Study", **Katsuhiko Yano, MD, PhD** (Ni=Japan Hon=Honolulu San=San Francisco) *Ala Moana Hotel Plumeria Room on May 29.*

### History

Organized in 1965 and included: 2,000 men (ages 45 - 69) in Hiroshima, 8,000 men in Honolulu and 1,800 men in San Francisco

### Purpose

Comparative study of cancer, cardiovascular disease and osteoporosis.

### Results

#### CAD Incidence:

Hawaii men have 2 times more than Hiroshima men; S.F. men have 50% more than Hawaii men.

#### CVA Incidence:

Hiroshima men have 3 times more than Hawaii and S.F. men.

#### Obesity:

Hawaii and S.F. have more obese men than Hiroshima.

#### Hawaii men have higher levels of:

Total cholesterol, uric acid, and hyperglycemia

\* Conclusions: (after 200 autopsies in Hiroshima and 300 in Honolulu)

### re Cerebrovascular Disease

The incidence of hemorrhagic strokes is the same for Hiroshima and Honolulu men.

Incidence of cerebral infarctions is greater in Japan (esp in small intraparenchymal cerebral arteries which is associated with hypertension rather than atherosclerosis) The incidence of major cerebral artery atherosclerosis is higher in Hawaii men.

Projection: \*Recent changes in environment and life-styles in Japan may lead to more CAD in Japan a/c with higher cholesterol levels, and more obesity and less strokes with better control of hypertension.

### re Mean BP levels

Same for Hawaii and Japan, but higher in California. BP 160/95: Japan 25%; Hawaii 15%

### re Diet

Lower animal fats and protein in Japan

### re Smoking

75% men in Japan; 45% men in Hawaii; and 35% men in S.F. Heavier smokers (Over 20 cig/d) in Hawaii men.

### re Alcohol Consumption

Japanese men drinkers number 2 times more than Hawaii men and 3 times more than S.F. men.

### re Longevity

Japanese men in Japan are the longest lived in the world, but Japanese men in Hawaii are even longer lived by 4 years.

### Conference Notes

Health Insurance in Hiroshima (100% coverage) **Dr Hiroki Nakatani**, Director-General, Dept. of Health & Welfare Services, Hiroshima Prefecture

At present, private insurance 47%; prefectural 53%; 40 years ago, 60 to 70% of health insurance was private. Separate health insurance programs

for employees, farmers, and the elderly.

**re Malpractice cases**

There are 300 court cases in all of Japan; while 10 times or 3,000 cases are settled out of court.

**re Japanese Health Insurance**

- Self employed: covered by city or prefecture
- Large companies eg. Sony and Toyota have their own health insurance programs
- Farmers and the elderly have separate programs (nursing home insurance for the elderly)

**re Fee Scale**

Fees for service (universal) reviewed twice a year. Problem with the increasing elderly population. There are 1.8 workers to each retiree; the ratio may be 1 to 1 in the future.

**Conference Notes**

**“Treatment of Alzheimer’s—New Developments and Implications for the Future”**

QMC April 4, V.P. *Robert Bradshear III*, Assistant Professor of Neurology and Psychiatry, University of Virginia.

**Dementia**

- Alzheimer's D
- Vascular Dementia
- Mixed Dementia

**Impact**

• Alzheimer’s is an age related disorder. 4.5 million cases in the U.S. Any treatment will help health care survival. Definitive therapy needed.

**Diagnosis of Dementia Syndrome**

- Loss of intelligence sufficient to impair social or occupational functions.
- Memory impairment
- Defect in judgement, abstraction, language, custodial abilities
- Diminished alert state of consciousness

**Causes of Dementia**

(70 to 80 diseases involved)

**Ddx: Vascular, Infectious, Metabolic etc**

- Vascular causes
  - Hypertension affects white matter
  - Lacuna strokes
  - Multiple infarcts (Most common cause of dementia)
- Infectious causes
  - Neurosyphilis
  - Bacterial, viral, protozoan etc.
- Traumatic causes
  - eg subdural
- Toxic causes
  - Medications: eg benzodiazepines, barbiturates, sleeping pills etc.
- Metabolic causes
  - eg B<sub>12</sub> deficiency
- Inflammatory causes
  - Multiple sclerosis
  - Inflammatory arthritis
  - Limbic encephalitis
  - Malignancy
- Systemic diseases:
  - Hydrocephalus
- Neurodegenerative diseases
  - Pick’s disease a/c Cr 17
  - Huntington’s disease
  - Parkinson’s disease: 1/3 dementia
  - LewyBody Variant of Parkinson’s

**Pathogenesis of Alzheimer’s D**

- Neuro-imaging to exclude other diseases
- Dx is histological
- NSAID’s may have protective value
- Vascular amyloid
- Neurochemical changes in A.D. and P.D. (Alzheimer’s and Parkinson’s diseases)

	A.D.	P.D.
Acetylcholine	↓↓↓	↓-
Somatostatin	↓↓↓	↓-
CRF	↓↓	-
Substance P	↓-	↓
Serotonin	↓-	↓

**Clinical Aspects of Dementia**

- Reversible Dementia <5%
- Treatable Dementia 10%
- Total 15%
- A.D. (Alzheimer’s)
- P.D. (Parkinson’s) = Vascular Dementia 2/3

**Criteria for the Clinical Dx of Probable A.D.**

- Clinical exam and neuro-psychologic test
- Deficits in at least 2 cognitive areas
- Progressive worsening of memory and cognition
- No disturbance of consciousness
- Onset ages 40 to 90
- Absence of other causes of Dementia

**Routine Testing for Dementia Workup**

- CBC \$15
- Chem 17 \$31
- Thyroid scan \$71 (TSH & T4)
- B<sub>12</sub> (folate) \$45
- Serology RPR \$12 MHA TP \$10
- ESR \$17
- Neuroimaging Unenhanced CT \$318 + \$234 (professional fee)

**Diagnostic Algorithm**

Cognitive Impairment

↓ (Exclude delirium, depression, malingering, etc)  
 ✓ Meet criteria for dementia

Dementia

↓ (Exclude treatable dementia, static encephalopathy)  
 ✓ Lab testing, neuroimaging

Primary Degenerative Dementia

↓ (Exclude other disorders)  
 ✓ - Meet NINCDS/ADRDA criteria

Probable Alzheimer’s Dis.

↓ (Exclude other pathology)  
 ✓ - Pathological exam

Definite Alzheimer’s Dis.

**Alzheimer’s Disease: Good genes/Bad genes?**

- Familial A.D.
- B-Amyloid & Amyloid precursor disorder
- Cr 21
- Cr 14
- Dr 19
- APOE

**Treatment A.D. & Other Dementia**

- Specific treatment for reversible dementia
- Symptomatic treatment—Identity specific behavior
  - Tacrine & other Rx
- Definitive treatment for A.D.—New trials
- Support treatment: Accurate diagnosis & genetic counseling



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**There’s No Excuse for Domestic Violence**