Ted's Almanac
(From Hakobu Kumagaie's desk)
It is hard to believe that a man is telling the truth when you know that you would lie if you were in his place.
I used to be indecisive, but now I'm not sure. I have an open mind, it's just closed for repair. The world is full of willing people. Some willing to work and some willing to let them.
One golfer to another: "First it was my marriage, but now, the magic has gone from nine iron, too."
Harvey's Law: "you can't fall off the floor."
Never underestimate the power of human stupidity.

Life in These Parts...
Insta Trak System (at SFH)
The first computer guided sinus surgery in Hawaii was performed on Nov. 13 by ENT man Roland Tam. Roland says, "The benefit I found is that I knew my patient a lot better. Before, we used a CT scan which gave us a sampling of the sinus cavities...It was like reading every fifth page of a novel...This new technology allows us to see the whole picture, forward, backward, up, down, and sideways."
Ophthalmologist Jorge Camara performed surgery on a patient with proptosis. Jorge was equally ecstatic: "the endoscope allows the surgeon to view the details through a small hole...while the Insta Trak system is like entering a home...It allows the surgeon to see where he is going in relation to the other adjacent rooms of the house..."

Euthanasia Opposed
Thirteen organizations of physicians, nurses, the disabled, hospitals and the religious right banded as the "Hawaii's Partnership for Appropriate and Compassionate Care," to fight the proposal to legalize doctor-assisted death. The coalition included the Hawaii Medical Association, Hawaii Family Forum, Hawaii Right to Life, Hawaii Christian Coalition, Hospice Hawaii, Hawaii Catholic Conference, the Healthcare Association of Hawaii (representing hospitals and nursing homes) and the Hawaii Cancer Pain Initiative.

Physician Moves...
Thomas Jimenez, chief of surgery, Hilo Medical Center announced his recertification in general surgery by the American Board of Surgery.
OB Gyn man Ronald Volt closed his private practice in Hilo on Jan 15.
Hoon Park announced evening hours Mon-Fri 8am-5pm at 806 Ululani St, Hilo, HI.
The Hilo Family Practice Center closed as of Dec 31 (Family physicians Lynda Dolan, Laurie Hopman and Jan Martell relocated their practice at 409 Kilauea Ave.

Potpourri I...
Two men were sitting in a doctor's office. "What are you here for?" one asked.

"Circumcision," the other replied.
"I had one of those the day after I was born," the first man commented. "Afterward, I couldn't walk for a year."

Gravely ill, a man went to the doctor with his wife. After the exam, the physician motioned for the wife to meet him in the hallway.
"Your husband is very sick," the doctor said.
"But there are three things you can do to ensure his survival. First, fix him three healthful, delicious meals a day. Next, give him a stress free environment and don't complain about anything. Finally, make passionate love to him every day."
On the way home, the husband asked, "What did the doctor say?"
"I'm sorry," she said, "but you're not going to make it."

Medic Tid Bits...
Efforts to Avoid C-Section Poes Dangers...
A NEJM article by four physicians at Harvard teaching hospitals says that pressure from HMO's and policy makers is leading physicians to encourage vaginal delivery even when the risks are higher than with C section. The OB men are concerned about an increase in uterine ruptures as well as injuries to babies caused by vacuum devices and forceps.

Re Birth Control Pill
The latest issue of the British Medical Journal reports that 46,000 British women tracked 25 years showed no increased incidence of death from cancer, strokes and other side effects.
More than 300 million women worldwide have used the pill and an estimated 100 million are currently taking it.
Many 300 million women worldwide have used the pill and an estimated 100 million are currently taking it.
Bruce Stadel, medical officer of the US Food & Drug Administration agrees that the latest study gives a "strong, resounding note that there is no long term effect even with the highest dose pills." (The new generation of low dose pills is even safer)

Magnet Therapy
Neurologist Michael Weintraub of New York Medical College reports in the Journal of Pain Medicine Jan issue that magnets may relieve chronic pain in diabetics and other ailments. Twenty million diabetics are subject to painful, burning, numbness and tingling of their feet and hands...
Paul Rosch, president of the American Institute of stress who has written about the history of magnet therapy says, "We don't know the mechanism by which it works...It is all trial and error."

Potpourri II...
A Challenge?
John Robinson MD Vancouver
When the pneumonia vaccine arrived last Fall, I went to visit one of my shutins, but very mentally alert 90 year old ladies...
As I was giving her the shot, I said, "This is good for at least 10 years."
She promptly replied, "Oh, I'll be here for it. But will you?"

Conversation Stopper...
R. Bartlett MD Sasebo, N.B.
An important part of the art of medicine is putting the nervous or embarrassed patient at ease. Such was the case one beautiful April day when a 20 year old woman was presenting for her first ever complete physical.
While examining her breast, I made the innocent comment, "Nice Spring."
Her quick and some what short retort was, "Yes, it's because I'm still young."
A few seconds later, she suddenly realized my comment was about the season, not her tissue turgor.
The rest of the examination was conducted with minimal conversation with no further effort to distract her from the indignities of her situation.

Conference Notes...
"Insulin Resistance" VP Robert Henry, UC San Diego, Friday, 8:00am, Queens Kam Aud Feb. 5, 1999.

A. Introduction:

a. Pathogenesis Type II:

<table>
<thead>
<tr>
<th>hepatic glucose</th>
<th>glucose (liver)</th>
</tr>
</thead>
<tbody>
<tr>
<td>insulin (pancreas)</td>
<td>Peripheral insulin resistance (muscle)</td>
</tr>
</tbody>
</table>

b. Progression Type II

Genetics → Insulin Resistance → Acquired Obesity (Sedentary life style) Age

Insulin Resistance Syndrome
(Cardiovascular Dysmetabolic Syndrome)

Genetics → Insulin Resistance → Environmental Influence

Hypertension

HAWAII MEDICAL JOURNAL VOL 58, APRIL 1999
c. Insulin Resistance Syndrome

1. Clinical Manifestations:
   a. Central obesity  
   b. Glucose intolerance  
   c. HTN  
   d. Atherosclerosis  
   e. Polycystic Ovary Syndrome

Insulin resistance in IGT and DM: Glucose disposal rates at identical glucose levels:
Normal > IGT > DM

Insulin resistance: Pancreatic B Cells

Normal Cells (Hyperinsulinemia)  
Abnormal Cells (Hyperglycemia)

2. Prevalence Insulin Resistance in Metabolic Disorders:
   a. ↑ cholesterol
   b. ↑ BP
   c. ↑ urates
   d. IGT  
   e. NIDDM
   f. ↑ triglycerides  
   g. ↑ HDL
   h. ↑ IGT/NIDDM + Dyslipidemia

   + ↑ urates: 95%

f. Long Term Complications of DM:
   1. Microvascular disease
   2. Macrovascular disease

3. CAD Mortality in Type II:
   - men: 2-3 x ↑ death rate (Joslin)
   - women: same after losing protection of estrogen (ie. post menopausal…)

Is insulin atherogenic?  
Ans: No
HBA1c predicts CAD in Type II:

Hyperlipidemia  
Hypercoagulability

Hyperglycemia  
Insulin Resistance

↑  
Insulin Resistance

HBA1c predicts CAD in Type II:

Hyperglycemia  
Hypercoagulability

HBA1c predicts CAD in Type II:

Hyperglycemia  
Hypercoagulability

h. Rx Cardiovascular Metabolic Syndrome:
   1. Ameliorate hyperglycemia
   2. Improve lipoprotein
   3. Control hypertension

B. Treatment of NIDDM: ("Getting back on the curve")

a. Oral pharmacologic Therapy (5 classes)
   1. Sulfonylurea (Most potent for HBA1c)
   2. Biguanides
   3. Alpha Glucoside Inhibitors: (Acarbose)  
      effect on HBA1c; start 25mg od and ↑ up to tid; Max 50mg tid
   4. Thiazolidinedione
   5. Repaglinide: (in Metformin failure)

   Insulin secretagogue; adjunct to diet  
   and exercise; use in combination with Metformin; enhances insulin secretion;  
   two to four times a.c./d

*Metformin (US 4 yrs; Europe 40 yrs experience)

Lowers hepatic glucose production; insulin sensitizer; in Sulfonylurea failures, add Metformin to glyburide or Metformin with insulin Rx; avoid when serum creatinine elevated (Metformin is cleared by kidney)

* Thiazolidinedione: pure insulin sensitizers
   4. Troglitazone (4yrs)

* Troglitazone (Activities PPARy nuclear receptor in skeletal muscle)

Time course of weeks and months; never stop sulfonylureas when starting
Troglitazone (or any sensitizer);
Troglitazone may reduce insulin dose in insulin treated Type 2; Troglitazone reduces triglycerides; raises HDL and LDL.

Treatmen schedule for Troglitazone: Start 200mg od for 2 to 4 weeks; then increase q 2 to 4 weeks to maximum 600mg; check transaminase

*Insulin sensitizers are Troglitazone and Metformin…

Potpourri III...

George knew what he wanted in a woman...
"The girl I marry will be an economist in the kitchen, an aristocrat in the living room and a harlot in bed."

Now he's married and his wife has all the required traits—but not in the same order. She's an aristocrat in the kitchen, a harlot in the living room and an economist in bed.

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Quotable Quotes

Most people don’t mind criticism as long as it's about someone else... (National Enquirer)

We all live every day in virtual environments defined by our ideas. (Michael Crichton)

The world is progressing and resources are becoming more abundant. I'd rather go into a grocery store today than to a King's banquet a hundred years ago... (Bill Gates)

Doing the best at this moment puts you in the best place for the next moment... (Oprah Winfrey)

In the Fast Lane

I was heading for work on the freeway one morning when I noticed a car weaving slightly in the next lane. As I pulled even with it, I could see that the driver's face was almost touching the wind shield as she used the rear view mirror to apply mascara.

Suddenly she veered in my direction...It scared me so badly I dropped my lip stick right into my cup of coffee. (Catherine Lenn)

Conference Notes...

"GERD" VP Donald Castell MD, President American GE Ass'n, Chm Department of Medicine, Allegheny Univ of Health Sciences Fri Mar 5 QMC

Introduction:

a. GERD: Sy's c or s tissue damage 2* to reflux of gastric contents...

b. NERD: Non erosive reflux disease.

Prevalence of Heart Burn in US:

Controls Monthly 15% Patients 20%
   " Weekly 14% " 12%
   " Daily 7% " 13%

GERD Spectrum:

Typical
   (Heart Burn/ Regurgitation)
   c erosive esophagitis
   s esophagitis*

Atypical
   Angina like pain
   Asthma/cough
   Laryngitis

Complications
   Ulceration
   Stricture
   Metaplasia**
   (Barrett's)

*Requires abnormal pH-metry
**AdenoCa increasing c Barrett's.
Lower LES Pressure a/c severe GERD.

Pathogenesis GERD:

---

GERD Diagnosis:

a. Clinical Hx
b. Barium studies (Air contrast)
c. Endoscopy

**Who to endoscope?

a. GERD sy's > 5yrs
b. age > 40

c. White male (never seen in blacks)

24° Ambulatory pH Monitor: Spikes below pH

4.0 = reflux

GERD Rx:

a. Life Style Modification
   1. Elevate head while sleeping c6 inch
   2. Modify diet: volume & fat
   3. Avoid recumbancy 3hrs pp
   4. Stop smoking
   5. Antacids, alginic acid, H2RA (OTC dose)

b. Pharmaceutical Rx
   1. Promotility Agents:  
      - Domperodone
      - Metoclopramide (Reglan)
      - Cisapride
      - Bethanachol (Urocholine)
      - Misoprostol

   2. Acid Suppression:
      - H2 Blockers
      - Acid Pump Inhibitors

   **Proton Pump Inhibitors are the best agents for controlling esophageal exposure in GERD...**

**GERD healing dependant on level of acid control.

---

3. Nissen repair
   ***Laparoscopic fundal plication

   ****Esophagitis Relapses Quickly After Cessation of Therapy:

   *85% relapse within 6 mos after cessation of therapy...Therefore maintenance therapy important...

   ***Fundal plication: effective maintance for 2 years.

   Omeprazole Trial: Effective GERD maintanance 5 yrs... Same results with 11 years of Rx. May need to increase Omeprazole dosage: 20mg--40mg--80mg daily

   Management of GERD: Endoscopy as guide to therapy.

   Identify Barrett's esophagitis:

   ***Surgery is not a good diagnostic test for GERD.

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Lynn Nakata, Financial Analyst, Kaiser Permanente

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