**News and Notes**

**Potpourri...**

Two rookie cops found three hand grenades in the street and decided to take them to the police station. "What if one of them explodes?" asked the younger officer. "It doesn't matter," reassured the other, "We'll say we only found two."

Penguins mate for life. That doesn't surprise us much because they all look alike. It's not likely they're going to meet a better looking pigeon someday.

A Washington DC lawyer was opening the door of his BMW when a car came along and hit it, ripping the door off its hinges. The police arrived and found the lawyer hopping up and down with rage complaining bitterly about the damage to his precious car.

"You lawyers are so materialistic — you make me sick," a police officer commented, shaking his head in disgust. "You're so worried about your beautiful BMW that you didn't even notice that your left arm was ripped off."

"Oh, no!" said the lawyer, looking down and noticing the bloody stump where his arm had been, "Where’s my Rolex?"

**Laziness:**

How lazy is he? Well, I have seen him step into a revolving door and wait.

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**The Joy of Soy**

*From an article by Christian Gorman Time Jun 7 '99*

Doctors are studying Soy's potential to lower cholesterol, fight breast cancer and build healthy bones...

Over 25 years, 3 dozen studies have shown that eating as little as 47 gm or 1.5 oz of soy foods/d can lower total cholesterol 9% and LDL 13% (whether isoflavones are the reason or not)…

Japanese women have lower breast cancer. (Do the isoflavones act like anesthetics like Tamoxifen?)

- Ground rules: Boiled soybeans; TOFU (bean curd); soy milk; miso soup
- FDA recommends: 25 gm of soy bean/d
- Soy Facts: The Japanese consume 50 lbs of TOFU/person/year
- Half the world's soy beans are grown in the US; 1/3 is exported.
- 95% of soybean in the US becomes cattle feed.

**Goodbye, Dolly**

*From Time Jun 7*

Since "Dolly The Sheep" was cloned 2 years ago, scientists have wondered if the infant, a genetic copy of an adult (6 yr old) sheep will live a full life or not.

The problem involves telomeres, cuff like bands at the ends of chromosomes. As animals age, the telomeres shorten, causing chromosomes to fray, cells to wink out and the organism becomes frail.

British researchers have studied the telomeres of Dolly and two other cloned sheep and found their telomeres to be shorter than those of normal conceived sheep. Another factor seems to be the time before transfer to a womb.

**MEDICAL TID BITS...**

**Priming the Pump:**

In cardiac arrest, when medics are delayed, 90 seconds of CPR prior to defibrillation increases the survival rate 25%. CPR may help by clearing away toxins released by damaged heart cells...

Preliminary data seems to indicate that an IV containing glucose, insulin and potassium given within 24 hrs of an MI and in conjunction with angioplasty and clot busting drugs cuts death rates by 66%.

**Medicare Users:**

In November '98, more than 400,000 Medicare beneficiaries were dropped by their HMO's. As of Dec 31, 90 HMO's (Including, AETNA, HUMANA and OXFORD) stopped serving Medicare patients in certain areas.

The patients have two options: a. Enroll in another HMO or b. Opt for "traditional" Medicare coverage, ie choose your own MD and pay certain deductibles and a 20% co-payment on other services.

**Time**: Apr 19 '99

C. **Medical Management:**

1. Albuterol MDI: 2 to 4 puffs qid
2. Atrovent MDI: 2 puffs qid
3. Theophylline: 200 mg bid
4. Prednisone 10 mg od (Continuously 3 yrs)
5. Fosamax or Estrogen: osteoporosis prevention

Comments re Steroid Rx: Steroids in pregnant asthmatic.

Trial oral or inhalants are potentially harmful.

Cure for Common Cold?

An experimental remedy called Tremacamra sprayed into the nose 6 times a day reduced the severe symptoms of a cold without side effects. It has been tested on only one cold virus thus far...

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**Conference Notes...** "Management of COPD" VP Romona Doyle from Stanford QMC 5-21-99

**A. Epidemiology:**

COPD deaths: 83,000/yr US...5th leading cause of death
re O2 Therapy:
- Extends life in hypoxic pt
- Improved cardiac function; Improves exercise & ADLs
- FEV1 <1.0L (or <30% predicted)
- Home O2: US/yr = $400,000,000

re Indications for O2 Therapy:
a. Absolute: PaO2<55 = SaO2<88%
b. COPD: PaO2 55 - 59 SaO2<89%
c. Only in specific situations

re Exercise/Pulmonary Rehab in COPD:
- 10 hosp days
- Exercise tolerance and endurance
- Dyspnea ability to do ADLs
- Doesn’t improve FEV1 or PaO2
- Benefits may be short-lived

Acute Respiratory Failure in COPD:
Comparing pts with ARF from all causes, COPD pts have the highest survival rate; 75-90% sur vive to discharge; 2 yr survival = 28-70%

D. Advanced Therapies:
- Lung Transplant in US: 1985: <50; 1995: >1,000
- 1990-95: 500-2,000 pts awaiting

MEDICAL TID BITS:

Reyes Syndrome: Only two cases were reported in 1997 compared to 550 cases in 1980. Parents are still giving ASA for viral diseases despite the warning labels. Aspirin is a no-no esp in children with chicken pox or flu.

Data on 50,000 men show that consuming ten 8 oz glasses of any fluid, ie water, coffee or soda cuts the risk of bladder cancer in 1/2...

A preliminary study shows that chronic use of NSAID’s by the elderly may raise their serum creatinine levels.

A new report shows that women cyclists (who clock 60 miles/week): 35% experience genital numbness and 14% have difficulty urinating.

Another study of men cyclists reveals 4% (who ride 100 miles/week) have erectile dysfunction.

Researchers from John Hopkins concluded: The PSA after treatment of prostate cancer should fall to zero (ie after surgery or radiation). Any increase in PSA means some tumor cells escaped and are growing elsewhere.

Hopkins researchers have found that both the timing and speed at which the PSA level rises is critical (Gleasen scores 5 to 7). When the PSA levels rose within 2 years of surgery, but took more than 10 months to double meant that the cancer grew too slowly to warrant further treatment.

MEDICAL TID BITS...

Latex condoms are more popular. Compared to newer polyurethane condoms, the latex condom is 1/10 as likely to break and 1/3 as likely to slip off...

The 20 year old beta blocker metoprolol is just as effective in treating congestive heart failure as carvedilol and 1/3 its cost. Both improve the patient’s endurance by improving the heart’s pumping cost.

A new study suggests that young women with total cholesterol below 150 are twice as prone to depression as those with higher levels.

An AARP poll reveals that 63% over age 18 don’t want to live to be 100. The average person wants to live to 93. The reasons were as follows:
- 43% feared declining health
- 38% feared not having enough money
- 13% feared loss of mental faculties
- 12% feared dependence on others.

PROTALGIA: (Excerpt from Stitches editor)

John Cocker MD’s humorous account

Back in the days when referring everyone to the Emergency hadn’t been invented, I was on call one weekend when the *dominatrix phoned at lunch time...

“You the doctor? You come!”
“What’s the problem.”
“You the doctor? You come!”
“Tell me the problem?”
“You the doctor? You come!”
I take to being ordered about in the same way most people do, so I persisted.
“First you tell me the problem.”
“Look, are you the doctor?”
“Well, yes.”
“Then you come!”

After a bit more of this I had to give up. Ungraciously, I said I would come. But I didn’t hurry. I did a few things first and finally drove out into the country to the restaurant.

“(The dominatrix was an ethnic restaurant proprietor...assertive, past the point of rudeness, that timid diners ate there only once...)

Standing in front of the restaurant was Madame, wearing her big apron. I got out of the car, picked up my bag and approached.

“It’s too late,” she said. “Too late. You should have come sooner! It’s all over! Finished!”

I felt bad. I could have come sooner — why didn’t the stupid woman tell me there was an emergency. Now I have to get the coroner. Then there would be an inquest, then the College investigator, then the trial. Who would feed my poor children? Years of conscientious work wiped out in one stroke by this stupid woman!

I kept walking toward her, intending to go in and see the deceased...

“You’re not coming in! His nose bleed has stopped and he’s eating dessert!”

Classified Notices

To place a classified notice: HMA members—Please send a signed and type-written ad to the HMA office. As a benefit of membership, HMA members may place a complimentary one-time classified ad in HMA News as space is available.

Nonmembers—Please call 536-7702 for a non-member form. Rates are $1.50 a word with a minimum of 20 words or $30. Not commissionable. Payment must accompany written order.

Office Space

Pearl City Business Plaza— Tenant Improvement Allowances for Long Leases; 680+ sq ft; 24-hr security; free tenant/customer pkg; Gifford Chang 581-8853 DP, 593-9776, 531-3526.

Ala Moana Bldg.— PHYSICIANS WANTED to share space and support services. Interest in physical rehab. Preferred. We have flexible rental arrangements starting at one half-day per week. Run your practice with no fixed overhead. Contact Dr. Speers, REHABILITATION ASSOCIATES, 955-7244.

NEW MEDICAL SPACE— City of KAPOLEI: GENEROUS allowance for CUSTOM buildout. FLEXIBLE rates, terms. PRINCIPALS ONLY, direct to Developer. Major events include HMSA, KAISER, QUEENS, STRAUB. Send name, address, phone, practice, specialty, approximate space desired to: Kapolei Medical Park, 1035 University Ave, Ste 201, Honolulu 96826. (Fax 943-3140)


Wanted

Physicians Needed— URGENT CARE MAUI has expanded hours 8am to midnight. This has created opening for pt and fm physicians. If you have training in internal medicine and can handle minor office procedures please fax your resume and availability to 808-875-1529.

ASSISTANT PROFESSOR OF MEDICINE— Pos. No. 0850297, M3, Dept of Medicine, John A. Burns School of Medicine, F/T, temporary, to begin approx. September 1999 for one year, non-tenurable. Duties: Develop academic career in geriatrics, supervise residents and fellows in the care of older patients, participate in research and education with collaborators in Japan, develop research/medical education grant-funded projects. MDS: MED degree; board eligible or board certified, 2-year fellowship in Geriatric Medicine, Certified (or eligible for certification) in Geriatric Medicine and demonstrated ability in teaching. Min. Annual Sal: $78,924. Send updated c.v., bibliography, and three letters of recommendation to Patricia Lanie Blanchette, MD, MPH, Geriatric Medicine Program, John A. Burns School of Medicine, University of Hawaii, 347 No. Kuakini St., HPM-9, Honolulu, HI 96817. Closing Date: 08/02/99. An EEO/AA institution.