LIFE IN THESE PARTS...

"America’s health care system is in appalling disarray...Health care is in crisis all over the country. When Hillary Clinton was pushing her health care reform, like many physicians, I didn’t want nationalized medicine...But what’s going on is infinitely worse. I believe the system is ready to implode." Says Arleen Jouxson-Meyers, physician-attorney.

Jouxson-Meyers has been on the HMSA board of directors for seven years. She is a psychiatrist who has done a lot of research on the effects of managed care on mental health. She believes that managed care is destroying the quality of care that people receive.

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CONFERENCE NOTES...

"Erectile Dysfunction in the Patient with Ischemic Heart Disease"... VP Paul Fenster, U of Arizona College of Medicine, March 17, QMC Kam Auditorium...

Introduction:

ED is a common problem, but should not be a problem in cardiac patients.

Organic cause: atherosclerosis esp in cardiac patients...

In male diabetics: over age 55, 1/2 of the patients have ED...ED risk factors:

a. high total cholesterol
b. Low HDL
c. Cigarette smoking
d. High BP...

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Iatrogenic Factors:

a. Medication: Assume possible link of ED to medication esp BP Rx.
b. ED and atherosclerosis: Cardiovascular effect of medication in CAD pts: Av peak HR: 110-127; 2.0 - 5.4 METS

Myocardial ischemia during sexual activity occurs in CAD patients...

Fear of MI in men with CAD: In reality, sexual activity increases risk of MI by 10 in a million. Holter monitor in pts c known CAD. EKG ischemia in 1/3 of pts: 2/3 are silent and 1/3 have angina.

Comparison Holter Monitor & Symptoms:

Symptomatic = 6; Silent ST= 21; None = 61

Total: 85

Sexual activity in pt’s with CAD: Pt 5 - 6 METS on EST without EKG ischemia or serious arrhythmia is not high risk.

** in 19 pts, I had angina during intercourse was abolished Z Beta Blocker... Vast majority of coronary dysfunction patients need not restrict sexual activity. Fear will precipitate MI...Sexual dysfunction in men with CAD...Most often due to fear of precipitating MI (10-15% due to organic causes)

re MI Triggers with sexual activity: Low absolute risk and prevent by regular physical exertion.

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Triggers MI during sexual activity:

a. Low risk patients:

1 in 10 per hour; 1%/yr;
2 hr post sexual risk; increased risk 2 per million per hr = 1.01%

b. High risk patients:

Increased risk 10 per million per hr.

Factors increasing cardiac risk during sex:

a. Unfamiliar posture, b. Unfamiliar setting
c. After excessive eating
d. After excessive alcohol...

*** Sildenafil & Nitrates: Efficacy demonstrated in multiple dysfunction; nervous reflexogenic (Spinal cord injury); psychogenic

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Physiology of Erection: *NO → relaxation of arteries of penis

L-Arg → NO → Activates Guanylate cyclase

Erection ← relaxation ← GMP

Corpora artery ↓ PES

Inactive GMP

Sildenafil (Cardiovascular Effects 4 hrs)

Lowers BP: Systolic 8-10; Diastolic 5-6

Safety: > 5700 patients in trial:

Mortality lower in Viagra patients than in placebo patients...

***24° Absolute Contraindication with Nitrates:

Also c Amyl nitrate but not c nitrous oxide.

Absolute 24 contraindication with Nitroglycerine.

What to do in patient with chest pain a/c Sildenafil:

Treat usual way without giving nitrates... (for 24 to 48 hrs)

Therapies to consider: Tendenelbog; aggressive fluid restoration; Judicious IV alpha agonist use; Careful Alpha & Beta agonist use; Intraaortic balloon pump

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POTPOURRI...

"I've Finally Began to Live."

Dr. Richard Garcia

I’ve asked myself whether choosing pediatrics is some melodramatic attempt to compensate for my past. Am I trying to be a protector of children, an expert on child rearing because I’m rejecting with all my soul my own childhood?

I don’t have a good answer. Perhaps that theory explains my own motivation. But pediatrics is also its own reward. There’s no way to tell people how good I feel when I treat a child who’s close to death then see him sitting up and see him eating an ice cream a few days later. There’s nothing like it. It’s a high.

This is why I live. It seems strange that now — after all the horror, the tragedy, the death — I’ve finally begun to live. I realize that although death felt so right for so long, it’s life that I want...Life is so good.”

Medical Economics Mar 27 '95

An astronaut was asked what he thought of just before takeoff. He said, “I think I’m sitting on a complex device made up of over several thousand parts, each of which was manufactured by the lowest bidder.”

Isaac Asimov

She was the kind of girl who wouldn’t hurt a fly — not unless it was open...

A.T. Whittaker MD

“I wrenched my back and walked like a question mark for months.”

A Marty and Charley Commercial...
Medical Tidbits

Osteoporosis Update: A recent study showed that one injection of a natural protein osteoprotegerin (OPG) reduced cellular bone breakdown by 80% in post menopausal women tested. “Researchers feel that OPG will be a direct and perhaps safer and simple drug for reducing fractures in elderly people,” says Steven Cummings, osteoporosis expert at UC San Francisco. The chief complaint with OPG is that it is given as a monthly injection.

New Alzheimer Study: About 45% of MCI (Mild Cognitive Impairment) patients develop Alzheimers within 3 years, according to scientists at Mayo and UCSF.

The National Institute on Aging will fund research in 65-80 centers in the US and Canada for volunteers ages 50 to 90 with MCI to test ARICEPT (donepezil) against Vit E and a placebo in preventing or slowing down progress from MCI to Alzheimer’s.

Prostate Update: Patients with confined, early stage prostate cancer have an option of implanting tiny radioactive seeds in the prostate, which may be as effective as surgery and with fewer side effects per a recent study at Seattle’s Northwest Hospital.

Another recent study shows that in moderate or high risk prostate cancer, seeding is inadequate and require surgery or external radiation for better survival rates per doctors at Harvard Med School and the University of Pennsylvania....

Elli Fiedler, 61 yr old housewife in Germany developed an egg sized renal tumor. Scientists cocooned a vaccine from her own cancer cells and a healthy donor’s specialized immune system cells and wiped out the tumor within 3 months.

The study was reported in the journal “Nature Magazine” in March. Of 23 advanced kidney cancer patients treated with the vaccine, five have been cancer free for 11 months and three others had dramatic tumor shrinkage. In a dozen others, the disease has progressed.

The study’s small size and short duration are viewed with tempered enthusiasm by scientists. H. Kim Lyerly, Prof of surgery, Duke University says, “Encouraging results like this deserve further study to prove it works.”

Powerful Predictor: Researchers report that high sensitivity C-reactive protein (hs-CRP) may be more closely related to heart attacks than cholesterol. A study of 28,000 healthy women with high levels of hs-CRP were 4 1/2 times as likely to have a heart attack or stroke (even with normal cholesterol levels). The test is inexpensive and has been approved for use since late last year.

Glucosamine & Chondroitin in Humans? Analysis of eight trials involving 1500 people (daily dose 1,500 mg glucosamine or 1,200 mg chondroitin) confirmed that arthritic pain is relieved more effectively than with placebo. Chondroitin was slightly more effective than Glucosamine (larger and longer studies are still needed.)

The Hawaii Skin Cancer Coalition will be sponsoring a Skin Cancer Prevention Fair on May 28, 2000 from 11:00 am - 3:00 pm at Windward Mall. There will be free skin cancer screening by the Hawaii Dermatological Society, educational exhibits and games and prizes for the keikis. Local sport figures will be present to talk about the importance of sun protection in the prevention of skin cancer. For more information, please call the American Cancer Society at 487-8420.

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HAWAIJ MEDICAL JOURNAL, VOL. 59, MAY 2000

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