MEDICAL TID BITS...

RE Endometriosis:
More than 10 million American women have endometriosis... Researchers now feel that the condition may be preventable... A preliminary study suggests that women who use tampons or have sex when menstruating have less endometriosis... suggesting that endometriosis develops when menstrual fluid backs up and travels to the ovary, fallopian tubes and the outer surface of the womb where it takes root. How to prevent endometriosis:
  a. Have sex with orgasm (thus pushing the fluid out)
  b. Use tampons that act like a wick draining the fluid out.

RE Small Pox Immunity:
Having had small pox vaccination as a child no longer protects against small pox in the event of bio-terrorism attacks. (Small pox immunity had disappeared in 300 microbiologists or 9 out of 10 microbiologists when revaccinated).

New Approach to Treating Auto Immune Disorders:
The New England Journal reports the possibility of treating Type I diabetes and other auto immune diseases by deactivating T cells in Type I diabetes and in multiple sclerosis.

Antioxidants Vitamin E and C prevent Alzheimer’s:
Two studies published in JAMA recently; the first study by the Rush Institute for Healthy Aging in Chicago followed several hundred people over age 65 for four years; the second study by Rotterdam’s Erasmus Medical Center in the Netherlands, followed 5,000 people over six years revealed that those eating more than 15 milligrams of Vit E daily benefited the most.

The Milky Way:
A controversial study suggests that dairy products (esp. milk or cheese) reduce the risk of insulin resistance... The lactone in milk is metabolized slowly and helps regulate blood sugar levels.

Tea Drinking Strengthens Bone:
Researchers in Taiwan surveyed 1000 men and women 30 yrs. and older and found that people who drank two cups of tea (black, green or oolong) daily for 10 years had a 6.2% higher hipbone density then occasional drinkers... Scientists suspect that fluorides, flavonoids and photo estrogens in tea help preserve bone-mineral density.

Heart to Heart:
Equality of the sexes apparently does not extend to the heart... A new study suggests that emotional stress (e.g. divorce, death of a loved one) is more likely to lead to sudden cardiac arrest for women while physical stress is a factor in men.

SOME FOODS CUT RISK OF ALZHEIMER’S:
Two studies published in JAMA provide a link between foods high in antioxidants e.g. Vitamin E and C in preventing Alzheimer’s... Antioxidants protect against the effects of oxygen’s free radicals, which can damage brain cells... The first study conducted at the Rush Institute for Healthy Aging in Chicago followed several hundred people age 65 for nearly four years. The second study by researchers at Rotterdam’s Erasmus Medical Center in the Netherlands, followed 5,000 people over six years... who benefitted most by eating more than 15 milligrams of Vit E daily... (Vitamin rich foods, not supplements provide the beneficial effects...)

---

New Hope For Failing Hearts:
- This year 550 million Americans will be diagnosed with congestive heart failure...
- Cardiologists can treat the degenerative conditions with drugs...
- The New England Medical Journal reported in June that 1/3 of the heart failure patients may benefit from a resynchronizing pace maker and were less likely to wind up in the hospital...

Christine Gorman
(Time medical writer)

Super Sized Blues:
High fat, hi caloric fast foods raise free radicals in blood and damage the lining of blood vessels (the bad news)
The good news is that Vitamins E and C taken with fast foods can nullify the inflammatory response....

Potpourri I
The Elderly Couple:
An elderly couple went in together for their annual medical examinations. After examining the husband, the doctor said, “You seem to be in good health. Do you have any medical concerns that you would like to ask me about?”

“In fact I do,” said the old man. “After I have sex with my wife the first time, I am usually hot and sweaty and then, after I have sex with my wife for the second time, I’m usually cold and chilly.”

After examining the wife, the doctor said, “Everything appears to be fine. Do you have any medical concerns that you would like to discuss?”

The wife replied that she had no questions or concerns...

The doctor then asked: “Your husband has an unusual concern. He claims that he is usually hot and sweaty after having sex the first time with you and then cold and chilly after the second time. Do you have any idea why?”

“Oh, that crazy old fart!” she replied. “That’s because the first time is usually in July and the second time is in December!”

Submitted by Hilo RN Patsy Matsuura

Potpourri II
“Sentences Found in Patients’ Hospital Charts:”
- “Patient has chest pain if she lies on her left side for over a year”
- “On the second day, the knee was better, and on the third day it disappeared.”
- “The patient is tearful and crying constantly, she also appears to be depressed.”
- “The patient has been depressed since she began seeing me in 1993.”
- “Discharge status: “Alive but without my permission.”
- “Healthy appearing decrepit old male, mentally alert but forgetful.”
- “The patient refused autopsy.”
- “The patient has no previous history of suicides.”
- “The patient has left white blood cells at another hospital.”
- “Patient’s medical history has been remarkably insignificant with only a 40 lb weight gain in the past 3 days.”
- “Patient had waffles for breakfast and anorexia for lunch.”
- “Between you and me, we ought to able to get this lady pregnant.”

---
“Since she can’t get pregnant with her husband I thought you might want to work her up.”

“She is numb from her toes down.”

“While in ER, she was examined, X-rated and sent home.”

“The skin was moist and dry.”

“Occasional, constant, infrequent headaches.”

“Patient was alert and unresponsive.”

“Rectal examination revealed a normal sized thyroid.”

“She stated that she had been constipated for most of her life, until she got a divorce.”

“I saw your patient today, who is still under our care for physical therapy.”

“Both breasts are equal and reactive to light and accommodation.”

“Examination of genitalia reveals that he is circumsized.”

“The lab test indicated abnormal lover function.”

“The patient was to have a bowel resection. However, he took a job as a stockbroker instead.”

“Skin: somewhat pale, but present.”

“The pelvic exam will be done later on the floor.”

“Patient was seen in consultation by Dr Blank, who felt we should sit on the abdomen and I agree.”

“Large brown stool ambulating in the hall.”

“Patient has two teenage children, but no other abnormalities.”

“She has no rigors or shaking chills, but her husband states she was hot in bed last night.”

Submitted by Norman Goldstein, Editor, HMI

Potpourri III

A fellow walked into a doctor’s office and the receptionist asked him what he had. “Shingles,” he said. She took down his name, address and medical insurance number and told him to have a seat.

A few minutes later a nurse’s aid came out and asked him what he had. “Shingles” he said.

She took down his height, weight, and a complete medical history and told him to wait in the examination room.

Ten minutes later a nurse came in and asked him what he had. “Shingles,” he said. She gave him a blood test, a blood pressure test and an EKG. She told him to take off his clothes and wait for the doctor.

Fifteen minutes later, the doctor came in and asked what he had. “Shingles,” he said. Where? the doctor asked. “Outside in the truck. Where do you want them?”

A policeman looked up to see a woman racing down the center of the road at 100 mph.

He pulled her over and said, “Hey lady, would you mind telling me why you’re going so fast down the middle of the road?”

“Oh, it’s okay, Officer,” she replied. “I have a special license that allows me to drive like that.”

“Oh, Yeah?” “Let’s see it.”

The cop looked at the license and then concluded, “Ma’am, there’s nothing special about this. It’s just a temporary license.”

“Look at the very bottom, though,” the woman insisted. “See? It says, "Tears along the dotted line.”

Potpourri IV

Louie went to a psychiatrist. “Doc,” he said. “I’ve got trouble. Every time I get into bed, I think there’s somebody under it. When I get under the bed, I think there’s some body on top of it. You gotta help me Doc—I’m going crazy!!

“Just put yourself under my care,” the psychiatrist reassured him.

“How much do you charge?” Louie asked.

“One hundred dollars a visit.”

“I’ll sleep on it,” Louise replied and walked out of the office.

Six months later, the psychiatrist met Louise on the street.

“Why didn’t you ever come to see me again?” he asked.

“For a hundred dollars a visit!” “A bartender cured me for ten dollars.”

“Is that so? How?”

“He told me to cut the legs off the bed.”

Psychiatrist to his nurse: “Just say we’re very busy. Don’t keep saying: ‘It’s a mad house.’ ”

My patient, a gentleman is his 70’s saw me for removal of staples from his incisions for bilateral knee replacements... It was during the flu vaccination season...

He was experiencing some discomfort while I was working on his first leg. So to give him a break, I suggested that we give him his flu shot “between his legs.”

The look of horror on his face was the clue that I had said something stupid. After some hearty laughter, we decided to give the flu shot on his arm...

Potpourri V

As a veterinarian, I was called at home in the middle of the night by a woman in distress...She had swallowed her dog’s heartworm pill by mistake. I know it wouldn’t do any harm, but by law, I’m forbidden to give medical advice. “If your dog had swallowed your pill, then you’d call me,” I explained. “In this case, you should really consult your own physician.”

“But it’s one in the morning!” she exclaimed, “I can’t wake my doctor.”

As a concierge at a plush resort, I was often asked about the ski facilities. One day, a couple that had just checked in after a long flight, came in and asked where the LIFT was.

“Go down this hall,” I told them, “out the door, past the pool 200 yards down the block and you’ll see it on your right.”

Their tired faces suddenly looked even more exhausted until the man behind them spoke up.

“They’re from England,” he said. “I think they’re looking for the elevator.”

Recently a young woman came into my father’s insurance office with her newborn twins...Dad asked her if she ever had any trouble telling them apart...She gave him a funny look before responding, “No, I haven’t had any trouble. This is Benjamin and this is Elizabeth.”

Potpourri VI

Side Effects (by Dr Howard Bennett) Stitches Mar 2002

“McDonald’s’ breakfast for under a dollar” actually costs much more than that...

You have to factor in the cost of coronary by pass surgery.”

George Carlin

“Antibiotics are medicine’s version of Super Bowl tickets – everyone wants them, but they don’t always live up to their expectations...”

Howard J. Bennett MD

“An alcoholic is someone who drinks more than his doctor.”

Anonymous
The Nature of Healing: Honoring the Traditions of Healing in Modern Health Care

September 18–20, 2002
The Orchid at Mauna Lani
Kohala Coast on the Big Island of Hawai'i

Featuring Leland Kaiser, Susan Mazer and Dallas Smith.
The symposium will be conducted with
Open Space Technology facilitated by Sam Magill.

Early registration by June 18, $225
Special Kama'aina Rate (Hawaii State ID Required)
For more information visit our website at
www.healinghealthcareassoc.org
or contact Wayne S. Higaki at 808-881-4695

Amnesia:
The condition that enables a woman who has gone through labour to have sex again...
Joyce Armour

Delegate:
To allow others to take the responsibility when something goes wrong.
Anonymous

"Attending's Motto: I have my faults, but being wrong isn't one of them."
Anonymous

"When drawing blood, a good rule of thumb is that there is enough blood in the tube as on your clothes."
Howard Bennett MD

Potpourri VII
Updated Proverbs for Physicians:
• Money can't buy happiness, but it gets you an MRI right away in Buffalo...
• A pager by any other sound would be just as annoying...
• An apple a day is bad for business...
• Show a medical student how to do a proper rectal exam and he may be able to do it... Encourage him to do the rectal exam and he'll become a psychiatrist...
• Complain about the health care system and all health professionals will agree with you. Ask for a pay raise that doesn't keep up with inflation and everyone thinks you're greedy...
• All work and no play makes Jack a doctor...
• Where there's a will, there's a lawyer
• You can't have your cake and eat it, for then you are asking for diabetes and cholesterol problems...
• The child drinking spring water catches worms...

Time for a refresher in anatomy... Dr Cutting said they had removed three bullets from Mrs. Murra – one from each leg.