Life in these Parts...
Dr. Laura Gets In to A Patient’s Head...
A 23 year old Salt Lake woman was at St. Francis Medical Center for surgical removal of a benign golf-ball-size brain tumor (by world renowned neurosurgeon Takamori Fukushima from Duke University). When the doctors switched on an “evoked potential machine” which detects electrical activity in neurons, Dr. Laura’s popular program came on…The St. Francis staff called KHV1 and the station reduced its 10,000 volts to 2500 volts so the surgery could proceed without Dr. Laura’s moralizing voice.

Millennium Predictions by Eddie Sherman
“Dermatologist Norm Goldstein opens a Nihiau Clinic — ‘Pimples R Us’…Hawaii is often acknowledged as the islands of romance, but one —Nihiau—is the latest repository of unsullied Hawaiiana.”

Life in these Parts...
Ah Quon McElrath, non-lawyer and retired social worker with International Long Shore and Warehouse Union was presented the Hawaii Women Lawyer’s “Life Time Achievement Award”…AQ was recognized for her dedication to advancing the rights of workers and her activism on community issues, including health care and criminal justice. The award recognized AQ’s involvement in advocating legislation for hospice care, abortion rights, repeal of the death penalty and issues involving the poor. AQ was also influential in the Governor’s blue ribbon panel on dying with dignity…

Conference Notes...
“Preventing the Complications of Diabetes” Todd Kaye, MD; Jan 20, 2000. Camine Medical Group... The Queen’s Physician Group Foundation and Pfizer.
Introduction: Diabetes is the leading cause of blindness, end stage renal disease, lower extremity amputation and 2 to 4 times higher CVD…

Prevention Macrovascular Disease:
- a. Aggressive lipid control
- b. BP control
- c. Daily ASA
- d. Stop Smoking
- e. Tight glycemic control

Cholesterol Management in Type II:
- a. All type II should be on a low fat diet
- b. Without CAD, CVD or PVD: Initiate drug Rx if LDL>130; aim for LDL<100.
- c. With CAD, CVD or PVD: Aim for LDL<100.

Type II & CHD:
- a. Non-Diabetic: 3.5 to 18.8% MI
- b. Diabetic: DM, No MI: 28.2% MI...
- c. DM: 45.0% MI...

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Lipid Lowering Agents in DM:
- a. Niacin not well tolerated
- b. Bile Acid Sequestrants: raises triglycerides
- c. Fibric Acid Derivatives: triglyceride & HDL, ↑LDL
- d. HMG-Co A ↓LDL; ↑triglycerides; ↑HDL (Six statins available for DM Patients; Recommend Mavacor, Pravachol and Zocor, but Lipitor is most potent for ↓LDL…

| Lipitor | 10mg, 20mg, 40mg, 80mg, ↓LDL | ↓41 | ↓44 | ↓50 | ↓61 |

Prevention Macrovascular Disease:
- a. Keep BP < 130/85: renal disease, ↓retinal complication; ↓CVA; ↓cardiovascular events…

Prevent Diabetic Nephropathy:
- a. Tight glycemic control
- b. Tight BP control
- c. Low protein diet
- d. Use ACE (renal protection) or Ca CB (renal protection)
- e. ARB’s

Hypertensive Agents Beneficial to Diabetes: Goal: <130/80
- a. Agents
- b. Thiazides
- c. B Blockers
- d. ACE
- e. CaCB

MI Prevention ± ASA:
- U.S. Physician Health Study (Sub group analysis ± DM pts)
- 61% relative risk reduction ± ASA

Improved Control (Kumamoto Study)
- a. Retinopathy: 65%↓
- b. Severe retinopathy 40%↓
- c. Overall risk nephropathy: 70%↓
- d. Microalbuminuria: 57%↓
- e. Combined cardiac, CVA, Peripheral vascular events: 54%↓

UKPDS:
- a. Microvascular end points: 25%↓
- b. MI: 10%↓

Goals Glycemic Control:
- Normal: <4-6%
- Aim: <7%
- Alternative Goal: < > 8%

Potpourri...
An 80 year old couple was having problems remembering things. Their doctor checked them out and tells them they were physically okay, but wants them to start writing things down to help them remember.

Later that night while watching TV, the old man got up to get to the kitchen.

The wife asks, “Will you get me a bowl of ice cream?”

“Sure,” he replies.

She then says, “Don’t you have to write it down so you can remember it?”

He says, “No, I can remember that.”

She then says, “Well I also would like some strawberries on top. You better write that down so you can remember it!”

He replies angrily, “I don’t need to write that down.” And storms into the kitchen.

About 20 minutes later, he returns from the kitchen with a plate of bacon and eggs. She stares at the plate for a moment and says, “You forgot my toast.”

Patsy Matsura, RN (from Hilo)

Potpourri...
My sister is an assistant in a psychologist’s office and as he makes rounds in several institutions, she’s frequently required to contact him on a pager…

One particularly stressful morning, she made numerous attempts to contact the doctor without response.

He finally walked in late in the morning, frustrated by the number of messages piled up.

“Why didn’t you page me?” he asked sternly and my sister replied that she had paged him many times. He had worn his pager all morning. He reached in his pocket and tossed an object on the desk.

“Check the batteries — Maybe that’s the problem.” On my sister’s desk lay the doctor’s TV remote control.

Conference Notes...
“Altering the Natural Hx of Type II... Reducing the Burden of Macrovascular Disease.” Steve Edelman, Associate Prof of Medicine, UC San Diego… KMC PB4, 2/4/2000.
Introduction: Diabetes is an epidemic esp between the ages 65 and 74. Diabetes is a continuum…We must pick it up early…

Progression of Type II:
- Genetics → Insulin Resistance ← Obesity
- Hyperinsulinemia ↓ Sedentary
- Compensated
- Insulin Resistance ↓ Aging
- Normal
- Glucose Tolerance ↓ Impaired
- Glucose Tolerance ↓

Potpourri...
Genetics → B Cell Failure ← Acquired
↑hepatic glucose output → Type II Diabetes

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**Discussion:** Sulfonylureas are no longer first line therapy...The first line therapy is Glucophage, Insulin sensitizers and CHO Inhibitors...

**Sulfonylureas are unphysiologic viz they cause weight gain, hypoglyemia, Beta cell exhaustion, and accelerate atherosclerosis...Sulfonylurea failure occurs within 5 years...**

**Lipid control in Type II:** Keep TC<200; HDL>45; LDL<130 acceptable; <100 optimal; Triglycerides<200; <150 optimal; BMI<25

**Troglitazone Rx:**
- a. Troglitazone increases the size of LDL
- b. Decreases visceral fat distribution in Type II
- c. Improves cardiac function by increasing cardiac output and stroke volume.
- d. Reduces diastolic pressure in HTN
- e. Statistics: - 37% reduction in microvascular events
- - 44% reduction in strokes
- - 60% reduction in heart failures

**Re Idiosyncratic Hepatic Damage with Troglitazone...**
- (Diagnosis by ALT elevation)
  - a. 1.8 million people on Rezulin
  - b. 90% of cases occur in the first 3 to 8 mos.
  - c. No relation to gender and age.
  - d. No incidence after 11 months.

**Prevention of Macrovascular Disease in Type II:**
- a. Keep HBALc < 7%
- b. Treat hyperlipidemia and hypertension
- c. Put patient on ASA

**Potpourri...**
The young Scotsman went to study at an English University and was living in a residence hall with other students. After he had been there a month, his mother came to visit, "How do you find the English students, Donald?" she asked.

"Mother," he replied, "They’re such noisy people. The one on that side keeps banging his head on the wall and the one on the other side screams all night."

"How do you manage to keep up with such noisy neighbors?"

"I ignore them," he said, "I just mind my own business, playing my bag pipes."

**Potpourri...**
The Manager of a megastore checked on his new salesman... "How many customers did you serve today?" The manager asked...

"One," replied the new guy. "Only one?" said the boss. "How much was the sale?"

The salesman answered, "$58,334."

The manager was flabbergasted and asked him to explain.

"First I sold the man a fish hook. "The salesman said. "Then, I sold him a rod and reel." Then I asked him where he was planning to fish and he said down the coast. So I suggested he’d need a boat—he bought the 20 foot runabout. When he said his Volkswagen might not be able to pull it, I took him to our automotive department and sold him a big SUV."

The amazed boss asked, "you sold all that to a guy who came in for a fish hook?"

"No," the new salesman replied... "He actually came in for a bottle of aspirin for his wife’s migraine." I told him, "Your weekend’s shot... You probably should go fishing."

**Potpourri...**
**His First Time...** The gastroenterology service had just acquired two new first year residents... The first day was high-lighted by spending the entire morning assisting with 20 sigmoidoscopies... One of the young residents was handed the sigmoidoscope after watching the staff gastroenterologist perform one. His wildest dream had come true: he was about to perform his first sigmoidoscopy. He maneuvered the exam table so the patient was on the "bottom up" position and draped properly. He picked up the sigmoidoscope and aimed it... After a minute or two getting the scope properly pointed, the resident bent over to look and he was amazed to see a large polyloid mass!

"This is a large rectal polyp!" he reported to the staff man and moved aside for the staff gastroenterologist to verify the finding. The staff man peered into the scope and exploded, "You idiot! That’s her cervix!"

Dr. Cathy Page

**Court Jesters...**
**(Confusion In Court About Names)**

"What’s in a name? That which we call a rose... By any other name would smell as sweet" — William Shakespeare

"Believe me, in a court of law, names can cause no end of confusion and consternation for judges, lawyers, and court reporters who have to know who the hell is who..."

Q: Where do you live?
A: 2442 Osawatomie Street
Q: How do you spell that street?
A: "S-T-R-E-T-T"

Q: Other than traffic court convictions, have you ever pleaded guilty to or been convicted of a felony or misdemeanor?
A: Mr. Who?
Q: Misdemeanor
A: Who’s Mr. Meanor?

Q: Where do you live?
A: I moved.
Q: Do you have a middle name?
A: No, I lost it.

Q: Did you see any other doctors at the time?
A: Yes, the neck doctor I went to see was a Dr. Lowell.
Q: Is that the first name or last name?
A: Last name. I don’t know his first name... His first name is doctor.

"What’s in a name?" one asks again. Andrew Le Mesurier, a lawyer in St. John, N.B. advised me in that city, in Dec 1985, a man named Outhouse was sentenced to 30 days in jail for stealing three cases of ExLax.

**Medical Tid Bits...**
The popular heart burn drug Propulsid can cause dangerous irregular heart beats and even sudden deaths, according to a recent FDA report. The FDA warning suggests that patients should be put on Propulsid only after an EKG... The FDA warning comes in the wake of 70 deaths and 200 other reports of irregular heart rhythm since 1993.

**JAMA** reports that menopausal women on estrogen and progestin have a 20% higher risk of breast cancer than those on estrogen alone... When research in the 1980’s linked estrogen to uterine cancer, progestin was added to block the estrogen effect on the uterine lining. The study gathered data from 46,355 women participating in a native wide breast cancer screening project from 1980 through 1995. The survey identified 2,082 breast cancer cases...

At an American Society of Anesthesiologist’s conference, Dr. Charles McLesky reported on a survey of 979 presurgical patients. 17% said they took one or more herbal products. The most common, Ginko biloba, garlic and ginger—all of which prevent clot formation. Two others, St. John’s worth and kava kava may prolong anesthetics’ sedative effect. The ASA suggests that patients stop taking such products at least two