Life in These Parts...
Roseline K, our proud, happy, adorable 82 yr old Chinese-Hawaiian grandmother says, “Whenever I dream about a mango or guava tree fruiting, I call up my children to see who is pregnant…” The fruit dreams have accounted for 57 grandchildren, 86 great grandchildren and 15 great great grandchildren all living and well...

Potpourri I
Quotable Quotes: “Mobile phones are the only subject on which men boast who’s got the smallest…”

Neil Kinnok

Limericks:
A girl with acute Shigellosis
Said, “I’ve got an obscure diagnosis
I’ve sat and I’ve shat
Till I’m blue as my hat
And they still won’t give me a prognosis…”

Dr. Valerie Gilbert

A Miracle Cure (Condensed Version)
John Cocker MD Editor “Stitches”
(John recalls his medical training days…)
The first overt surgical act that the student performed at St. Bartholomew’s (Free hospital in London) was the draining of hydroceles… There was a cadre of aged, infirm men who came to the outpatient department every few months to have their hydroceles drained...
One day I was on duty when a little old man, bent forward at the waist came limping in on the arms of a nurse.
We sat him on the table and carefully laid him back. As a veteran of the procedure, he waited with misplaced confidence, unaware of the miracle that was about to be performed.
His pants were pulled down, exposing a grapefruit sized scrotum. The skin of the scrotum was somewhat excoriated… The skin prep those days was CETAVLON. but this particular day, the bottle was empty. So we looked around and found another skin prep – ETHER.
Pouring a liberal amount of the ether in a dish, I dipped a swab and placed the dripping swab on the excoriated scrotal skin.
The effect was remarkable… The little old man, formerly bent and crippled, straightened up, hit a high C and cried, “Oo-oo-oo-oo” He leapt off the table, pulled up his pants and ran out of the room, clutching his genitals… He disappeared with the speed of an athlete still wailing “Oo-oo-oo-oo” a sound that faded into the distance like a police car driving away…
He was never seen again, and I have seen such an effective or rapid cure for arthritis…

Medical Tib Bits I
Andro Strikes Out: Good thing Mark McGuire stopped taking 300mg of Andro daily… The over the counter supplement used by the slugger for his 70 home run season raises testosterone and estrogen levels. In men, elevated testosterone lowers HDL, in women, causes beard growth, male pattern baldness and in kids premature puberty…

Wort-Less: The popular herbal anti-depressant St. John’s Wort interacts with two medications: the anti-rejection drug CYCLOSPORIN (Used in organ transplantation) and the protease inhibitor INDINAVIE (used to treat AIDS)

Potpourri II
“When I press my forehead with my finger, it really hurts,” a patient complained to his doctor.
“And when I do the same to my cheek, it’s also painful. Even if I press my stomach, I suffer. What can it be?”

Stumped, the physician sent the patient to a specialist.
The man returned to his doctor the following week. “What did the specialist say?” asked the doctor…
“I have a broken finger.”

George Russell

One Sunday, the minister played hooky from church so he could play golf, leaving his assistant to conduct the service. He drove to a far away golf course to avoid bumping into any parishioners.
Looking down, St. Peter said to God, “You’re not going to let him get away with this, are you?”
The lord shook his head.
The minister took his first shot and scored a 420 yard hole in one. St. Peter was outraged. “I thought you were going to punish him!” he said to the Lord.
The Lord looked at St. Peter and replied, “So who’s he going to tell?”

Claire Parker

Medical Tib Bits II
Alzheimer Research: In Nov, Amgen (a biotech company in Thousand Oaks, CA) declared that its researchers have identified the enzyme beta-secretase which causes toxic protein fragments to accumulate in the brain...
Scientists have assumed that beta-amyloid protein fragments are carved out of a bigger, benign protein by two enzymes, beta-secretase and gamma-secretase which act like chemical scissors.
Amgen’s team looked for the gene that prompts production of the beta-secretase. This discovery will spur efforts to identify inhibitors which can render the enzyme impotent…

Fertile Findings: A six year study shows that survival rates of early stage ovarian cancer in the premenopausal women are the same with or without early, immediate surgery. Researchers say it may be possible to preserve the young woman’s fertility without routine early surgery…

Optimists Live Longer: A 30 year study shows that folks with a positive perspective live 19% longer than pessimists. The optimistic attitude strengthens the immune system or inspires people to take better care of themselves…

Silent & Deadly: Feb meeting of the American Stroke Association’s 25th International Conference in New Orleans reported on a new study: The incidence of strokes which declined in the 1960’s and 70’s is rising again… In 1999, there were 750,000 full fledged strokes and 500,000 TIA’s… (TIA’s or mini strokes last from a few seconds to 24 hours and rarely cause permanent damage, but are precursors of major strokes.)
A study by the National Stroke Association indicates that 2.5% of all adults age 18 and over (4.9 million people) have experienced TIA’s. Another 1.2 million over age 45 have suffered a TIA without realizing the subtle symptoms:
a). Numbness or weakness of the face, arm or leg esp on one side
b). Trouble seeing in one or both eyes
c). Confusion and difficulty speaking or understanding
d). Difficulty walking, dizziness, or loss of coordination
e). Severe HA with no known cause...

Researchers have listed the following key indicators:
a). Age over 60
b). Symptoms lasting more than 10 minutes
c). Weakness
d). History of diabetes...

Recommendations are:
a). Quit smoking
b). Limit alcohol to 1 to 2 drinks/day
c). Increase physical activity…

Potpourri III
Autopsy?: I do coronary angiograms which are popularly known to the patients as “dye” tests. One of my patients who was hospitalized with chest pain asked me when I was going to do this “test” and presented a sheet of paper with “die test” written…

Dr. S.U. Mecci

Just the Pits: One evening while I was the intern in ER, a young girl was brought in by her mother who was concerned the little girl might have a foreign body in her nose. With some difficulty, we managed to find and extract a foreign body. On close examination, it was determined to be an olive pit.
I couldn’t resist asking the obvious question: “Why did you shove an olive pit up your nose?”
She looked at me squarely and nonchalantly replied, “Because the olive wouldn’t fit.”

Dr. Tom Kerlow

Medical Tib Bits III
Colon Cancer Survival: Postop colon cancer patients with liver mets survive better with cancer drugs delivered directly to the liver with implanted pumps. A study of chemotherapy with pump showed a 85% 2 year survival compared to 72% on standard chemotherapy…

Cancer Conundrum: Nearly 65% of U.S. cancer
patients are 65 or older, but only 25% of these older patients are enrolled in trials of new cancer treatments. Reasons:
a). Medicare doesn’t reimburse the cost of experimental procedures
b). Older patients have heart disease, diabetes, etc, making them too frail for aggressive new therapies.

Gone to Pot: A new report suggests that smoking marijuana once a day for several years may double the risk for developing throat and neck cancers. Add cigarette smoking and the odds shoot up 36 fold.

Air on the Safe Side: Researchers found that upping oxygen during surgery cuts the incidence of wound infection. The added oxygen helps WBC’s fight off bacteria. The same researchers found that upping the oxygen halves the rate of postop vomiting and nausea.

Potpourri IV
Basic Anatomy: While making rounds at a nursing home, I was asked to see a Mrs. Jones... The nurses explained to her that the doctor was here to look at her bum and see if anything can be done. I assumed that Mrs. Jones was perhaps an Alzheimer patient and that I should keep my explanation simple. After asking her to roll over, I examined her sacral area and saw a good sized ulcer.

“Mrs. Jones, you have a hole back there,” I said. She promptly looked up at me and replied “So do you!”

Arsenem MD, (Stitches)

Ah, Sigmund!: During my busy office hours, a druggist called me to discuss one of my prescriptions.

“Doctor, would you please tell me exactly what you prescribed for Miss Thompson?”

I looked at my file and declared, “She received CLINORIL for her lumbago.”

“What’s written on the prescription?” I asked.

In a low embarrassed voice, he said, “You prescribed clitoris twice a day.”

In medical life, sometimes the subconscious plays a role in our prescribing... Dr. Real Major

Medical Tid Bits IV
Seize This: FDA has cleared TRICEPTOL, a new drug for kids and adults who suffer from partial seizures (the most common type of epilepsy.) Triceptol can be combined with other drugs or taken alone...

F-Gad!: Vit E may not help the heart after all. A double blind study of 10,000 high risk patients (who already had an MI or stroke) confirmed that 400 I.U. of Vit E didn’t work any better than a sugar pill in preventing subsequent heart trouble...

Digital Mammogram: The FDA approved a new GE manufactured digital mammogram. The digital mammogram is easier to manipulate, and suspicious areas can be enlarged or reduced to enhance contrast...

Lyme Legacy: A 10 year follow up study of Lyme disease indicates that the tick-borne illness can sometimes cause debilitating pain, but the majority of Lyme sufferers don’t wind up with any more numbness, fatigue or neck pain than those not touched with the disease...

Oral Hygiene: HIV can be transmitted though oral sex. A San Francisco study of men who only engage in oral sex showed a 8% incidence of new HIV infections...

Wee Ones: Infants born less than 5.5 lbs at 40 weeks are less likely to hold managerial or professional jobs and on average earn 10% less than those weighing more at birth...

Potpourri V
My father-in-law had prostate surgery. We took him to the hospital at 7:30 am and he was operated on at 8:00 am. We were amazed when the hospital called at noon to tell us he could go home.

Two months later, our beagle Bo also had prostate surgery. When I took him in, I asked the vet what time I should pick him up. “My father-in-law came home the same day.”

The vet looked at me and said, “Bo’s not on Medicare.”

Clyde Dyak

When I was single, I played tennis at an island resort, riding the ferry almost everyday. One summer, a handsome second mate started working on the boat and we would sometimes talk during my trip.

I was traveling with my coach and two players when the captain handed me a note from the new mate. He was asking me to call him and wrote down a phone number. I then looked up to see three intensely interested spectators. A bit flustered, I blurted out, “He wants to learn how to play tennis and in return he says he’ll teach me how to mate.”

Felicity Barrington

Medical Tid Bits V
Gulf War Syndrome: Pyridostigmine Bromide (PB), an anti-nerve gas antidote is being investigated as a source for Gulf War Syndrome. The Defense Dept reported that 250,000 troops were administrated and PB “cannot be ruled out” as the contributor to the dizziness and weakness reported by 100,000 men and women who served during the 1991 war...

PB has been used since 1955 to treat myasthenia gravis; it inhibits the nerve regulating enzyme acetylcholinesterase and causes muscle spasms, weakness and other symptoms, but the effects are considered reversible according to the study author Dr. Beatrice Golomb of the San Diego VA Medical Center...


“A second opinion should include a second physical exam and a review of the original pathology slides and other tests…”

But Groopman also says, “Don’t overdo your search... Sometimes if you find yourself looking for a 3rd, 4th, 5th or 6th opinion. What you’re really doing is running away from the truth.”

Stay Fit: A 16 year study of 85,000 nurses published in Archives of Internal Medicine (Nov) shows that women who spend 7 hours/week or more in moderate exercise lower their risk of breast Ca 20%. Researchers feel that exercise lowers the body estrogen which stimulates breast cell growth...

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 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.

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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. Spears, REHABILITATION ASSOCIATES, 955-7244.

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