BOOK REVIEW...

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PESTS OF PARADISE, Susan Scott & Craig Thomas, MD. 190 pages...Published Sept 1 2000. (First aid and treatment of injuries from Hawaii’s animals) Price $19.95...

Ginseng tops the list...Eight of the 21 brands listed contained high levels of pesticides and some even had lead.

Nearly 1/4 of the gingko brands did not contain the advertised levels of GBE (which is supposed to increase brain blood flow and improve cognition)

Half the brands of supplement glucosamine-chondroitin (used to treat arthritis) had lower than claimed chondroitin levels.

Thanks to the Dietary Supplements Health and Education Act of 1994, the FDA no longer regulates the supplement industry. Supplements don’t get the premarket safety and efficiency evaluation that drugs get...

MEDICAL TID BITS...

VIAGRA: Viagra may do more than revive a flaccid love life...It may restore normal digestion in millions of diabetics with gastroesplasis (which causes bloating, loss of appetite, vomiting and dehydration). Mice studies are so uplifting that human trials will be started...

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smiling..."If you’ll go and start it for me, I’ll stay here and lean on your horn."

MEDICAL TID BITS...
The "Chemo" Effect: A Dartmouth Medical School study indicates that chemotherapy may leave some patients with poor memories and concentration problems. Psychologist Tim Ahles found that those who got standard chemotherapy for breast cancer or lymphoma were twice as likely as those who had surgery and/or local radiation to score poorly on memory and concentration tests. The effects were present an average 10 years after treatment...

Dr. William Wood, chairman of the Dept. of Surgery at Atlantic Emory University notes that patients with early disease often opt for chemotherapy even though surgery is indicated...

Bad Mixers: Recent research suggests that Zantac (Ranitidine) causes high blood alcohol levels even with light to moderate drinking by interfering with the breakdown process of alcohol. Study author Dr. Satish Arora and colleagues at Bronx Veterans Affairs medical Center conclude that patients on Ranitidine should be warned of the possibility of unexpected functional impairment when drinking.

MEDICAL TID BITS...
Sunny Side Up: In April, JAMA published a study which stated that eating one egg daily does not increase your risk of heart disease or stroke. Egg or egg yolk has about 215mg of cholesterol. Researchers from Harvard, Brigham and Women's Hospital in Boston studied the egg consumption of 120,000 nurses and other health professionals with normal cholesterol levels...The researchers found no link between egg and heart disease and strokes except for diabetes...

Kidney Caution: A preliminary study suggests that elderly folks who used NSAIDS chronically may have elevated serum creatinines...

Filler 'er Up: Data on 50,000 men show that consuming ten 8oz glasses of liquid (water, coffee or soda) each day cuts the risk of bladder cancer in half. The liquids probably flush away the carcinogens.

Matters of the Heart: Among those with advanced heart failure, men survive only 1/2 as long as women. Researchers also found that coronary artery disease was more likely to lead to heart failure in men than in women...

MEDICAL TID BITS...
The symptoms of PAD (peripheral arterial disease) are: lower legs hurting after walking a few blocks; or the legs are often numb, tingling or cold...Unfortunately, few of the eight million Americans with PAD symptoms are treated, says specialist Dr. Rodney Raabe...PAD can be controlled by: stop smoking if you are a smoker; walking a mile or two daily and taking ASA or other blood thinners...

Sinusitis Culprit: About 37 million Americans suffer from chronic sinusitis. Most short-term sinusitis lasting less than a few weeks are bacterial...but the source of chronic sinusitis has been a mystery. Mayo Clinic researchers indicate that chronic sinusitis may be caused by immune response to fungus in the mucous. Researchers are exploring the development of antifungal medication...

POTPOURRI...
Q: What is a chicken teriyaki?
A: The name of the only living Japanese kami-kaze pilot...

Issac Asimov

A man called the phone company to complain about his listing in the directory.

"I told you my last name is SWEADY," he said, "but you have it listed as OYIRWU."

"I'm sorry sir," the phone company rep said.

"I'll fix it so it'll be correct for the next directory. Can you spell your name?"

"Just like I told you before," the customer said.

"It's S as in SEXY, W as in WHY, E as in EYE, A as in ARE, D as in DOUBLE-U and Y as in YOU."

R.V. Canby

"May I try on that dress in the window?" the gorgeous young woman asks the manager of the designer boutique.

"Go ahead," the manager replies, "Maybe it'll attract some business."

Harry Buck

ROSS HAGINO'S LEGACY...
Prayer by Calvin Sia

Dear Lord, we are gathered here with Ross's family and close friends to honor Ross, a loving, caring and dedicated husband, father, good friend and pediatrician.

We each hold many fond memories of his warm friendship and will always remember him with loving thoughts.

Bless this food that we are about to partake, as we remember him and all of his favorite foods. Amen.

FUNERAL NOTICE...
This is my obituary. I wish no funeral services for I am already on my next journey. I arrived quietly and I depart quietly. To my family, friends and colleagues, I wish you well. I would wish to be thought of as a good man. If I have achieved anything during my life, I am most proud of having helped raise our children whom I love, to be contributing members of our society. They are my two sons, Drs. Owen and Ryan and my schoolteacher daughter, Mrs. Meri Okano. I thank my beloved wife for acceding to my funeral wishes...

(Ross Y. Hagino, MD passed away Jul 19, 2000 at home at the age of 76...)

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