Potpourri...

In general practice we certainly get to know the personal histories and idiosyncrasies of our patients...

One atypical European patient had weathered two divorces and probably numerous affairs... but still retained a lively ribald sense of humor...

One visit was about the aches and pains of approaching middle age. My treatment was focusing on the new class of COX-2 medications. As I explained the benefits of these drugs, she interrupted to ask about their name...

She began grinning mischievously... then laughed out loud, that she'd "never been known to inhibit one of those in her life!"

"It's real top Is there problem with the education system when you realize that out of the three R's, only one begins with an R..."

You know there is a problem with the education system when you realize that out of the three R's, only one begins with an R..."

The newlyweds were on their honeymoon, strolling arm in arm along the beach when husband suddenly looked out toward the sea and said eloquently, "Roll on, thou deep and dark blue ocean... Roll..."

His bride gazed at the breakers for a moment and in hushed and reverent tones said, "Oh, Herman! You wonderful man, it's doing it."

Misinformed Consent:

As a junior surgical resident in Liverpool, I was assigned by my chief to a "minor" surgical procedure in the OR adjoining his. The patient was a 15-year-old mentally retarded male booked for circumcision at his mother's request...

The operation went smoothly enough, but in the postoperative period, the patient developed a hematoma, giving his penis the appearance of a grapefruit...

The problem was handled aggressively with a gamut of therapy ranging from surgical drainage to medicinal leaches. The unlucky young man recovered miraculously and was limping out of the ward when I met his mother and sister...

It appears that the sister two years younger than the patient was mentally retarded also... In the course of conversation with the mother, it became clear that the two had struck up an incestuous relationship...

"I know the boy suffered, Doc" the mother said, but was the operation a success? Are you sure he won't have no babies?

"Mrs. S. your son had a circumcision, not a vasectomy!"

"Dammit, that's the word I was looking for!" she said...

Joe and Gary were rich, but evil brothers who attended the same church... When Gary died, Joe handed the pastor a large check to pay for a fancy new building. "I have only one condition..." Joe growled... "At his funeral, you must say, 'My brother was a Saint'."

The pastor agreed and deposited the check...At the funeral, the pastor went to the pulpit and reported, "Gary was an evil man who cheated on his wife and betrayed his friend, but compared to Joe, Gary was a saint."

Our family took a ski trip and I was knocked unconscious by the chair lift. I called my insurance company from the hospital, but it refused to cover my injury... "Why not?" I complained...

"You got hit in the head by a chair lift," the insurance guy said. "That makes you a moron and we consider that a preexisting condition."

Little Jethro and his family were visiting the big city for the first time... In the lobby of the fancy hotel where they were staying, Jethro and his father stood marveling at the hotel elevator with its blinking lights and shiny doors. After a few minutes, Jethro asks, "Pa, what in tarnation is that thing?"

"I do not rightly know, son. Pa replied..."

Just then, an old woman approached and carefully stepped into the elevator. The door slid shut and when it reopened, a few minutes later, out stepped a beautiful young blond...

"Boy," Pa said quietly, "Go and get your ma."

"Where did you get that great motorcycle?" The engineering student asked his friend...

"I was minding my own business when a gorgeous woman rode up on it, jumped off, threw the bike to the ground, tore off her clothes and said, 'Take what you want.'"

The first engineer nodded his approval, "Good choice," he said, "The clothes probably wouldn't have fit."

When three bodies turned up at the morgue, all with big smiles on their faces, the detective asked the coroner to find out why...

"Jones had a heart attack while making love to his wife. Hence the smile..."

"I see, and the next one?"

"This guy, Smith had just won the lottery... when he was hit by a bus which he never saw coming..."

"O.K. how about this third one, though."

"Yeah, the poor guy wasn't too bright. He got struck by lightning... repeatedly while climbing a tree..."

"So, why the smile?"

"He thought someone was taking his picture."

"I got this great new hearing aide the other day. It really works fantastically!"

"Are you wearing it now?"

"Yep, cost me a small fortune, but it's really top of the line."

"What kind is it?"

"Twelve Thirty."
Quotable quotes:
“When you win, say nothing... When you lose, say less.”

Paul Brown

“My daddy’s an accountant.”

“Really?”

“Yeah... What does your daddy do?”

“He’s a lawyer.”

“Honest??”

“No, just the regular kind.”

Harold and David were out hunting when David suddenly falls to the ground and stops breathing. Desperately, Harold feels for a pulse, but can’t find one. He whips out his cell phone, dials 911. “My friend just dropped dead... What should I do?”

A soothing voice on the other end says, “Okay, okay... I can help you. Please just relax... First, let’s make sure he’s dead...”

After a brief silence the operator hears a shot ring out. Then Harold comes hack on the phone. “Okay,” he says nervously to the operator. “What do I do next?”

How to Find and Keep a Family Doctor: (A Guide) by Dr. Howe

Tips for patients on how to endear themselves to their doctor in the ER:

1. Preface your opening remarks by asking to see a specialist... (You’re condemning yourself to a long wait to get what your FP could have given you in 5 minutes.)

2. After you have given your story and the doctor has asked her (or his) questions, choose that moment to repeat your presenting symptoms...

3. Ask your doctor for a sick note when you’re not ill...

4. If you complain of pain, always preface your story with the phrase, “I can stand a lot of pain, Doctor.”

5. If your doctor tries to stop you talking, e.g., by putting a thermometer in your mouth— or calling in the next patient—ignore him...

6. If your doctor asks you a question, answer another question instead... This takes a little practice, but can be mastered.

7. After presenting your complaint: e.g., sciatica... and your doctor has given his ideas, ask him in an accusing voice, “Well, why do I have this headache then?”

8. If you meet your doctor socially, be sure to take the opportunity to ask him about your condition, especially when there’s someone else around to overhear...

Medical Tid Bit...

Measles in the U.S.:
Aggressive vaccination programs have virtually wiped out measles in the U.S. Of the 100 reported cases in 1998, 71 were imported from or associated with a foreign country.

Women and Coronary Disease:
Every year since 1984, cardiovascular disease have taken the lives of more women than men...

Every two minutes, a woman in the U.S. dies from coronary heart disease... 44% of the women who have had a heart attack dies within one year... 63% of women who die suddenly from coronary disease had not had previous coronary symptoms...

African American women have a higher mortality from cardiovascular disease than white women with their death rates as much as 67% higher...

Nanette Wagner MD, FACS

Depression Hurts the Heart:
Depression hurts your heart... Brenda Penninx, a gerontologist at Wake Forest University and colleagues followed 2,847 people over age 55—both with and without heart disease for four years... They found that people with a major depression were at least twice as likely to die of heart disease as those without... even subjects with mild depression had a mortality rate 50 percent higher than normal...

Gene Therapy for Alzheimer’s?
Dr. Mark Tuszyński and colleagues at the University of California, San Diego Veterans Affairs Medical Center and the Salk Institute Biological Studies at La Jolla—counted the specific cells in the brains of old and young monkeys... In older animals, 43% of the cells in the basal forebrain that controls memory and attention had shrunk. The researchers implanted genes with nerve growth factor and were able to reverse the atrophy—they have applied to the FDA for approval to begin human testing.

New Cancer Drug:
A drug approved this Spring offers new hope for the estimated 4,500 Americans who develop chronic myeloid leukemia (CML) each year. Currently, only a bone marrow transplant offers a chance for cure... but most patients don’t have a suitable donor. A recent study found that the drug ST 1571 (GLEEVEC) taken in pill form brought the WBC count back to normal for 53 of 54 CML patients within four weeks. Tests are underway to see if the drug will be effective against lung, prostate, and brain tumors...

CLOPIDOGREL:
A major study at McMaster University of Ontario, Canada found that clopidogrel (PLAVIX) taken with aspirin reduced the risk of death, stroke and heart attacks by 20%. Experts say that the drug will likely become routine treatment for the more than one million Americans suffering heart attacks each year...

New Back Surgery:
Last October, the FDA approved a new spinal fusion system that allowed surgeons to work through two small incisions in the lower back. A tube is inserted, pushing just enough muscle tissue out of the way. There is little blood loss and the patients leave the hospital in two or three days. The procedure is offered at hospitals in Boston, Phoenix, New York, Baltimore, and several other cities.

FDA has approved a new birth control device called NUVARING, a clear plastic ring that is inserted into the vagina once a month and emits the same hormones used in the Pill, but in lower doses...

Butt Free:
Teenagers smoking dropped by a third from 1997 to 1999. But it may not be health concerns, but simple economics... A pack of cigarettes in 1999 cost $3.00 compared to $2.00 in 1997.

TRUE OR FALSE?
(a) Antiperspirants cause breast CA.
(b) The CA 125 test should be used as a routine screening for Ovarian CA.

The Journal of National Cancer Institute says there are no studies to support (a). The CA 125 test is approved for monitoring the response to chemotherapy in women with ovarian cancer, not for diagnosis.

Boning Up:
A study of men and women ages 60 and older revealed that daily low doses of hydrochlorothiazide (25 mg) increases bone density, perhaps not as effective as FOSAMAX and hormone implants, but is safe, inexpensive and with few side effects...
The combination of SSRIs (e.g., Prozac, Zoloft, or Paxil) with aspirin, ibuprofen and other nonsteroidal anti-inflammatory drugs regularly for pain relief may cause serious GI bleeding.

**Start Slow:**
Warming up before exercise averts muscle injury as well as prevents migraine...After 30 seconds of sudden intense exercise, NITRIC oxide production is triggered leading to migraine. Experts say warm up exercises would help.

**Safer Sex:**
A new study shows that condoms reduce the risk of genital herpes transmission by 90% in women whose partners are infected, but have no symptoms...one-fourth of Americans over 12 have the virus, but nine out of ten persons don't know it...

**Insulin Sensitivity:**
New research finds that adults who sleep an average of five hours a night have a 40% lower insulin sensitivity that those sleeping eight hours...

**Food for Women:**
- **Papaya:** Has twice the amount of Vitamin C than an orange. Scientists at University of California, San Francisco, studied 11,200 people and found that women with lower levels of Vitamin C were more likely to have gallbladder disease. One medium sized papaya has 188 mg of Vitamin C.
- **Flax Seeds:** Scientists feel that flax seed (rich in estrogenic compounds called lignins) protects against breast cancer.
- **Tofu:** Soy protein lowers cholesterol and minimizes menopausal hot flashes and strengthens bones. Isoflavones in soy bean have a structure similar to estrogen...90 mg of isoflavones are beneficial to bone. A one-half cup of tofu has 25 to 35 mg of isoflavones.
- **Vitamin Overdose:**
Retinol is a Vitamin A compound found in liver and fish oil and usually linked to healthy skin and improved eyesight—but researchers say that too much retinol can increase the risk of hip fractures...The report from a 18-year evaluation of 72,000 post menopausal women ingesting more than 2,000 mcg a day...

**Acupuncture Treatment for Cocaine Use:**
(Treatment used in hundreds of addiction centers in U.S. and Europe). New research suggests that the treatment when used alone is no more effective than a placebo.

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**Request for Proposal**

Medical Board Chairperson & Two Members
Employees’ Retirement System - State of Hawaii

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**SEALED PROPOSALS** will be received by the Employees’ Retirement System of the State of Hawaii, 201 Merchant Street, Suite 4100, Honolulu, Hawaii 96813 up to 4:30 pm on April 22, 2002, for: Chairperson and Members of the Medical Board of the Employees’ Retirement System. Three persons will be selected, one Chairperson and two Members. At least one of the three should be licensed to practice as a psychiatrist.

The duties of the Medical Board are set forth in section 88-31, Hawaii Revised Statutes, and include arranging for and passing upon all medical examinations required by statute in connection with employee applications for disability retirement benefits and applications for accidental death benefits. The Medical Board investigates all essential statements and certificates submitted by or on behalf of the employee, and reports conclusions and recommendations in writing to the Board of Trustees of the Employees’ Retirement System.

The Request for Proposals, ERS 2002-01, may be obtained from the above office beginning at 10:00 am on February 26, 2002.

To be eligible to serve on the Medical Board, Offerors must possess a current medical license or osteopathic license.

David Shimabukuro
Administrator
Employees’ Retirement System
State of Hawaii