



**Potpourri I**

**Side Effects:** Two doctors got lost in a hot air balloon. They saw someone on the ground. They shouted to the man on the ground. "Can you tell us where we are?" The man looked up, thought for a while... "You're about 50 feet off the ground and you're located directly south east of where I'm standing."

One of the doctors in the balloon turned to the other and said: "He must be a neurologist." "How can you tell?" "Well, he thought about the problem carefully... his answer was remarkably correct, but it didn't help us one bit."

*Dr. Howard Bennet (STITCHES Nov 2002)*

**Not So Religious:** In matters of arithmetic down under it's "maths" but in Canada it's "math"...

This gave rise to an interesting situation... One afternoon in Emergency when an elderly couple presented with the complaint that the wife had lost her memory over the preceding week...

After some inquiry, I embarked upon a mini mental assessment... The poor lady was, however, all at sea when it came to serial sevens...

Feeling sorry for her embarrassment, I commented, "I guess you weren't very good at maths when you were young?" There was a pause, then both partners chimed in together, "Oh, no, we're not Catholics... We're Protestants!"

*Dr. T.R. Atkin (STITCHES Jan 2002)*

**Medical Tid Bits**

**A Smart Woman Would Wear Coffee as a Perfume:** A study by scientists at Mass General found that low doses of caffeine given to mice, effected the A2A receptors located on the neural cells next to those that degenerated in Parkinson's Disease... Harvard researchers in an epidemiological study found that men who drank 4 to 5 cups of coffee had less risk of Parkinson's Diseases.

*The Weathervane... Russell T. Stodd MD*

**Beyond Cholesterol:** (Researchers now believe that inflammation and cholesterol work together to increase the risk of heart disease.) Too much fat in the blood builds up as plaques in the heart vessel walls. Its presence triggers the inflammation alarm; attacking immune cells such as monocytes mature into macrophages which engulf the fatty plaques... The immune activity elicits the liver to produce CRP which engulf the fatty plaques... As immune cells pile onto the plaque, it becomes unstable and ruptures... Debris from the lesion can cause a blood clot or trigger a heart attack.

**Hypertensive Hype:** A study by the National Heart, Blood and Lung Institute (NHLBI) showed that mild diuretics are the least expensive means of treating most cases of high blood pressure and the most effective as well.

**Folic Acid:** There is some evidence that FOLIC ACID reduces the risk of heart disease, but it is best known for its role in preventing spina bifida and other birth defects...

Now comes word that the vitamin may help ward off the ravages of Alzheimer's Disease... Researchers at Boston University and Tufts University found that subjects with levels of homocysteine were twice as likely to develop Alzheimer's... One of the easiest ways to lower homocysteine levels is to consume plenty of folic acid.

The Japanese eat little fat and suffer fewer heart attacks than the British and Americans... The French eat a lot of fat and also suffer fewer heart attacks than the British or Americans... The Italians drink a lot of red wine and also suffer fewer heart attacks than the British or Americans... Conclusion: "**Eat and drink what you like... Speaking English is apparently what kills you...**"

**The New Carcinogenes:** The US government added steroidal estrogen (like the kind used in hormone replacement and birth control pills) to its list of "known human carcinogenes— a/c increased risk of endometrial and breast cancer.

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