



Precious Memories...

Dear Henry:

As I mentioned to you, Tom Whelan was a very important man in my life and probably had more influence on me than any one person other than my parents. I came under his influence for at least 39 years.

I first met Tom when I was a young Air Force intern at Walter Reed Army Hospital in 1960. I rotated on the general surgery service and Tom was the Assistant Chief of that service. It was a very hard working but delightful experience working with him and learning from him. In 1962 I returned to Walter Reed as a general surgery resident. At this time he was Chief of the service. Perhaps one of the most difficult things I ever had to do was to tell him in 1963 that I wanted to switch from general surgery to urology. He accepted this well and actually informed me that he had tried to do the same thing when he was in training but was not allowed to do it. He facilitated me in every way, many of which I was unaware of until recent years. The switch was complicated by the fact that the Air Force refused to assign me to the urology service at Walter Reed but insisted that I go to another hospital in Texas. When Tom and the Chief of the Urology Service were made aware of this, unbeknownst to me, they approached. The Surgeon General of the Army, Lt. Gen. Leonard Heton, on my behalf and structured an inter-service transfer from the Air Force to Army, along with the appointment to the urology service as a resident.

After completing my residency, in 1966 I was assigned to Tripler Army Medical Center as the Assistant Chief of the Urology Service. At that time Tom was Chief of the Department of Surgery and urology actually fell under his command. I found it to be a privilege and very enlightening to work with him in this new capacity. I was especially elated when he was selected for promotion to Brigadier General and quite proudly attended his promotion ceremony.

I then went on to serve a year in Vietnam and upon return, joined Straub Clinic as a staff urologist. I also became affiliated with the John A. Burns School of Medicine and was granted a clinical academic appointment in the Department of Surgery. As you so well know, Tom was Chairman of this department.

He performed two major surgical procedures on me over the years and was available on numerous occasions to counsel me when I had serious decisions to make. I always found his counsel rewarding and decisive in helping me make the appropriate decision.

He was my friend, teacher and mentor in the pre-civil rights era, when it was probably difficult to support African Americans in what was a somewhat hostile environment.

On the recommendation of Tom and Charlie Judd, I was appointed to the office of Governor from Hawaii to the American College of Surgeons and served in that capacity for six years.

I dearly miss Tom, his pleasant manner, great advice and unconditional support. To me, he was indeed a man for all seasons.

Sincerely yours,
John W. Edwards, Jr., MD

A Xmas Gift...

Dear Dad,

12/23/99

Merry Christmas! This has certainly been an exciting year, more like a rollercoaster ride. It made me realize how vulnerable we are to sudden turn of events that at first seem negative but in the end, become positive. Your CHF's and hospitalizations, for example, brought the fear of losing you into our hearts and souls. Yet, it united our family... working, talking, laughing, crying all together for the first time in years. Such an affirmation of love and what family is all about. You and mom have created together a fascinating dynasty of individuals, all so different in personalities yet identical in their love for our family. The common thread that you weaved in all of us is to reach out and help our neighbor but family comes first. I'm sure the loss of your own father at an early age taught you this. I saw how you cared for Grandma and how lovingly you spoke of her at her funeral... maybe one day you could translate for us what you said that day.

Anyway, you are a hard person to shop for. Two weeks ago there was a TV movie entitled, "Tuesdays with Morrie" that Mark's mom told me to watch. It was a wonderfully made TV special based on an equally wonderful book. I am giving the book to you for Xmas. You have always been a mentor to so many physicians and of course, to your children. I thought you'd like to read of another student/mentor relationship.

I love you dad with all my heart. You have kept me grounded in my values and love of family, and I am eternally grateful. It is a debt that is payable only if I carry out and instill in my own children, the values and love of family that you taught me.

Love,
Joanne

Potpourri...

Four well dressed ladies were having lunch and bragging about their sons...

First lady: "My son went into the clergy and is a priest. When he enters a room, people show respect and address him as "Father."

Second lady: "My boy also became priest. He's now a bishop and when he enters a room, the people address him as "Your Highness."

Third lady: "My son also went into the church and rose to the rank of a cardinal. When he enters a room dressed in his colorful cloak, people bow and say "Your Eminence."

The three ladies looked at the fourth lady to ask about her son. The lady says, "My son didn't go into the clergy. He's 6 feet 2 inches tall, has a

beautiful athletic body and became a male stripper. When he enters a room, and takes off his clothes, the women all sigh and say, "My God!!!"
As related by Myron Shirasu (Our humorist friend)

Conference Notes:

"Weight Loss - Current Methods" VP Ken Fujioka, Scripps Clinic Fri AM Conference Kam Aud 7/30/99

General Discussion: We have an obesity epidemic...50% of San Diego residents are overweight...The American Heart Ass'n declares "obesity a modifiable risk factor for CHD"...Obesity definition: "Pt with enough excess fat tissue that they are at risk for increased medical problems"

BMI = Wt(g)/Ht² = Kg/M² 25 + Kg²/M = Obesity
"Obesity + genetics = loaded gun"

Comorbid Condition + ↑BMI:

No comorbidity (35%)

Comorbidity (65%)

Comorbid Conditions: a) HTN, b) CHD, c) Cancer (Prostate & Colon), d) NIDDM

HTN + Obesity:

a) ↑ Cardiac Output, b) Activates

Renin-Angiotensin System, c) ↑ Na resorption,

d) ↑ insulin resistance

Drug Rx of Obese Pt with HTN: a) Diuretic, b) ACE, c) CCB

Cost savings with Wtg Reduction:

Diabetics: 7% wtg loss = \$104/mos

Hyperlipidemic: 5% wtg loss = \$61/mos

Hypertensive: 10% wtg loss = \$21/mos

Medical Management of Obesity:

PI: Onset, Hx wtg gain, Previous wtg reduction attempts; Hx of eating disorders (Anorxia, Bulimia, binge eating)

PMH: FH:

PE: Wtg, Ht, BMI; measure waist, hips; examine skin, thyroid, Heart, Lungs, edema

Central Obesity: Women over age 35; Men over 40...

Lab Workup: a) General Chem panel, b) Lipid panel, c. Optional: Thyroid studies; insulin (fasting); 2 hr GTT; CORTISOL

Treatment Options:

Less than 800 calories: Very low calorie diet

800-1200 calories: low calorie diet

1200-1500 calories: Moderate calorie restriction

Treatment Options:

A. Behavioral

1) Behavior Modification (10 wks)

2) Dylan Therapy (Years)

3) Others: Hypnosis

B. Exercise: (A Must) 80-90 min/day
 Best treatment option; predominant therapy of individuals who keep wtg off.
 Aerobics: 30 min/d

Medicines:

	Delivery Amt		Reuptake Inhibition	
	5HT	NE RA	5HT	NE RA
Dexamphetamine	xx	xx	x	x
Phenterene		x		
Fenflurane	xxx		x	
Dexfenflurane	xxx		x	
Sibutramine			xxx	xxx

Orlistat (Key Pharmacology): Long term - 2-3 yrs (Otherwise wtg is regained)

Xenical 120mg tid + diet; First 2 wks: oil spotting; flatus; fecal urgency; oily BM; ↑defecation; ↓absorption fat-soluble vitamins and Beta carotenes; Pt needs multivitamins

***Sibutramine (Over view): Serotonin and Norepinephrine Reuptake Inhibitor (SNRI) Available 10 and 15mg doses

Type II + Sibutramine: a) Wtg loss 4%, b) HbA1C ↓
 c) HDL ↑; Triglyceride ↓
 Side effects: Dry mouth, constipation; insomnia, ↑appetite; HA's, BP ↑
 Interacts c̄ MAOI's; SSRI's; Erythromycin

Potpourri...

Lou had a miserable cold and went to see his doctor who prescribed some pills. They didn't help. On Lou's next visit, the doctor gave him a shot, but that didn't do any good either. On his third visit, the doctor told Lou to go home, take a hot bath, open the window and stand there naked and soaking wet.

"But doc," Lou protested, "I'll get pneumonia!"

"Pneumonia," the doc replied, "I can cure."

Quotable Quotes...

"Nobody belongs to us, except in memory."
John Updike (The Afterlife)

"Without darkness, there are no dreams."
Karla Kuban

"Procastination means you know what you need to do and you don't do it. If you don't know what to do, you aren't procrastinating... You are thinking."
Lynn Lively (Readers Digest Dec)

A newly wed couple was planning to visit Hawaii. "It's pronounced Hawaii," said the husband.

"No, it's Hawaii," the wife insisted. They argued until they deplaned in Oahu. The husband approached a man at the gate and asked, "Can you settle an argument for us? Is this Hawaii or Hawaii?"

"This is Hawaii," the man replied...

"Ha!" said the husband to the wife, "See? Didn't I tell you I'm always right?" The husband turned back to the man, shook his hand and said, "Thank you."

"You're welcome."

Conference Notes...

"New Concepts : Carcinoid Syndrome, Localization and New Modes of Treatment" VP Bernard Jaffe, Prof Surgery Tulane KMC Oncology Conference Thurs AM 8/12/99...

Carcinoid Syndrome:

Flushing 80%; asthma 25%; Cardiac lesions 50%; Diarrhea 70%

Aura 2 - 3 min before flush; asthma = small bronchial constriction...

Localization:

Pancreatic: 4%; small bowel 6%; Meckels 2%; appendix 4%; stomach 6%; Colon 4%; ovary 12 to 50% ; Rectal 1%

***Ovarian lesions: 2/3 of carcinoid syndromes

***Flushing; "raccoon eyes" ie periorbital sparing...

Diagnosis:

Urinary 5-AHIAA Normal: less than 9 microgram/d

High False positive in steatorrhea; False negative: 30%.

Whole blood serotonin concentration:

Normal = 168 mg/cc;

Carcinoid = 1655mg/cc

Do provocative test in intermittent flushing...

Pentagastrin Test: causes flushing and GI sy's...

SP = Substance P (Peptide produced by carcinoid)

Small bowel series: occult tumors derived from peripheral circulation...

Octmotic scintigraphy? Somatostatin Receptor: Best for liver mets (Tulane experience: No new lesions found...disappointing.)

Role of Liver: In carcinoid syndrome, the liver does not metabolize 5HT. We can have carcinoid syndrome without liver mets.

Therapeutic Possibilities for liver mets:

Embolization; chemo-embolization; surgical resection; transplantation

A. Symptomatic Control:

1. Octreotide: reduces diarrhea; increases urinary output

2. Verapramide: Lowers cardiac output; combine with Octreotide Seen with 80% of pts; esp ± diarrhea + flushing

B. Survival: No good data...Huge variation

C. Interferon: Used in 300 patients; expensive; has side effects...

D. Surgical Resection (if single lesion) Curative results with nodal and peritoneal mets-Mayo: 17%

E. Chemoembolization: 50% regression and longer survival esp with liver mets

F. Liver Transplantation: 15 pts: survival 5 or more years; All cured of syndrome

Potpourri...

My husband cut himself and was treated in the ER. When he returned to the waiting room, I asked what kind of follow-up the doctor had

prescribed.

With a totally straight face, he "read" from the printed sheet. "Take it easy, be waited on and have sex twice a day."

At that another man sitting nearby jumped up and exclaimed, "Whatever he's got, I want."

Lois Marks (Reader's Digest)

Interviewed a new patient who was fairly nonchalant...When asked if she'd had any problems with her previous four pregnancies, "No, not really," she grinned, "but for the last one, they had to seduce me with spit!" (For the non-OB's, that translates as "They had to induce me with 'Pit' or pitocin)

Dr. Lynne Forest, Davis Calif. (Stitches Nov '99)

Quotable Quotes...

(Reader's Digest)

"A sharp tongue sometimes cuts its own throat..."
Jim Scancardelli

"It's better to sleep on things before hand than lie awake about them afterward."

Baltaser Gracian

Potpourri...

Manageable care...

Because of her hectic schedule, I'd seen little of the medical student who moved next door to me two years earlier... When I found out that she had graduated, I went over to congratulate her.

"Now," I said, "If I broke my arm, you'll be able to fix it."

"Jack, I've been able to fix your arm for some time," she replied. "The important thing is that now I can bill you for it."

Jack Steinberg

A patient of mine was recovering from major heart surgery and went to a classical music concert. During the performance, the man in front turned around and demanded, "Are you responsible for that infernal clicking noise?"

"It's my new artificial heart valve," she explained.

"Well, could you at least try to make it keep time with the orchestra?" he replied.

Eugene Hughes (Reader's Digest Oct '99)

"A submariner with sleep apnea snored so loud, his snoring could be detected by surface vessels...and had to be transferred out."

(A: told by Milton Erman, Clinical Prof of Psychiatry, UC San Diego during a KMC noon conference on "Insomnia.")

Medical Tidbits...

For Women Only... American College of Obstetricians and Gynecologists recommends:

1. Screenings for hepatitis A and C:

- a. Give Hepatitis A vaccine for high risk groups
- b. Screen for Hepatitis C for all women 13 and older

2. Diabetes testing: Glucose testing q 3 years for women over age 45...

3. HIV testing for high risk groups ie pregnant women and women with cervical Ca..

4. Mammograms q 1 or 2 years in low risk women in their 40's and annually after age 50. After age 69, researchers studied 10,000 women and found that the gains in life expectancy were minimal viz 1 death/10,000 women

Head First: After pouring over the records of 500,000 births, researchers have concluded that vacuum assisted deliveries have the same 0.1% incidence of cranial bleeding as C-section and forceps deliveries...

Boning Up: A study of "statins" (in rats) stunned researchers... They found that "statins" reverse osteoporosis and increase bone density by 50% in lab animals after 1 mos, far exceeding the results from Fosamax or HRT therapy. Trials in humans have yet to begin...

Antidepressants: Less than 1/3 of patients on antidepressants are happy... More than 80% admit their depression impairs their social life and 72% say their work performance still suffers... They should talk to their doctors about altering the dose or switching pills...

Medical Tidbits...

A Swedish study confirms that persistent HPV (Human papilloma virus) infection (that lasts more than a year) raises the odds of developing cervical cancer 200 fold.

A huge study of 42,000 pregnant women concludes that consuming more than 5 cups of coffee a day doubles the odds for miscarriage. One or two cups daily seems fine.

NEJM Nov 25

A Surer Cure: Men with advanced prostate Ca can prolong life with surgical or chemical castration. Castration, however, causes loss of libido, muscle loss, fatigue and hot flashes (which may be small price to pay for survival)

Think Zinc: Zinc is used for colds... Studies of infants and children in developing countries show that zinc supplements can reduce the risk of pneumonia 42% and diarrhea 25%. (The recommended daily amount of zinc is 5mg for infants and 10mg for preschoolers)

Post-traumatic Stress Disorder: Fully 25% of youngsters involved in traffic accidents develop post-traumatic Stress Disorder ie, recurring nightmares, trouble concentrating and even difficulty carrying on normal life activities... If symptoms persist more than a month, they should be seen by a doctor...

Get Nuts: A study financed by the Peanut Institute shows that peanut oil is as good as olive oil for lowering cholesterol including LDL... The study subjects ate 2 tablespoonfuls of peanut butter and 1 1/2 oz of nuts day...
American Journal of Clinical Nutrition (Dec '99)

Medical Tidbits...

AIDS Update: The AIDS drug cocktail has replaced the protease inhibitors with a new drug, SUSTIVA which reduces HIV to undetectable levels in 50% more patients—and also benefits kids, too. When added to cocktails with protease inhibitors, SUSTIVA doubles the chances that the virus becomes undetectable. Another advantage, SUSTIVA need be taken only once a day...

ADHD Therapy: A new report shows that medication like Ritalin alone or combined with therapy is more effective in reducing symptoms of ADHD (Attention deficit/hyperactive disorder)

Research suggests that patients with heart disease when advised to take aspirin daily are taking Tylenol, Advil and other pain killers which are of no benefit as anti-platelet factors...

HOW TO AVOID A HANGOVER (The basics)

*Alcohol acts like a diuretic, so drink a glass of water for every glass of wine or beer and even more for hard liquor...

*Don't drink on an empty stomach. Alcohol causes blood sugar to drop. Nibble on crackers or bread on the morning after.

*Take Pepto-Bismol if nauseated. Vomiting on an empty stomach can cause esophageal tears...

*Avoid Tylenol or other acetaminophen for your headaches since they are hepatotoxic...

*Avoid ASA or Ibuprofen (unless buffered) since they irritate the stomach lining...

Medical Tidbits...

GERD Thyself: Researchers have found that NSAIDs cause severe GERD... The incidence of GERD doubled among 12,500 Medicaid patients who took NSAIDs routinely...

E-Gad: Some newer Vit E pills have gamma tocopherol... A preliminary study suggests a link between gamma tocopherol and arthritis of the knee... Standard Vit E capsules contain only alpha tocopherol which leaves the knees alone...

Vision Saver: In November, the U.S. Food & Drug Administration approved "Visodyne" as a treatment for macular degeneration.. The caveats with Visodyne are:

- It is not a cure, but preserves the status quo;
- It will not restore the vision already lost;
- Only 1/4 to 1/2 of the 200,000 cases/year of macular degeneration will benefit;
- Visodyne only works on the "wet" form of macular degeneration...

Time Nov 29

Arthritis Rejoice: Forty million Americans suffer from arthritis: 20 million have osteoarthritis and 3 million have rheumatoid arthritis... and NSAID's cause ulcers and internal bleeding.

The American College of Rheumatology and JAMA published reports comparing Celebrax (Cox II inhibitor) to Naproxen. Both drugs relieved sy's of RA, 36% Naproxen patients got ulcers compared to 4 to 6% taking Celebrex.

Another new drug Remicade, approved by FDA in November is taken with methotrexate for RA and reduces arthritic sy's by 20%. But the one very serious side effect of all these new meds is expense.

NSAIDs cost as little as 20¢ a pill. The Cox II Inhibitors are 15 times more and Remicade is expected to cost \$10,000 for the first year's supply...

Time Dec 6

A Major study shows that moderate amounts of alcohol not only ward off heart disease, but lowers risk of strokes by 20% in men who drank anywhere from one glass a week to one glass a day... Any kind of alcohol works, but don't go overboard... More than a few drinks a day raises blood pressure and heightens your risk of strokes...

Time Nov 29

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