

Dead Doctors Don't Lie Program 02 January 2014

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Monologue

Pharmacist Ben Fuchs fills in for Dr. Wallach beginning the show discussing cholesterol lowering statin drugs. Apparently the American Heart Association has come up with new guidelines for prescribing statins. These guidelines urge doctors to prescribe these drugs to patients even if they don't have elevated LDL cholesterol scores. Even going so far as to send out letters to pharmacists to not recommend nutritional alternatives to only push the statins.

Pearls of Wisdom

Doug Winfrey and Pharmacist Ben discuss a news article regarding holiday myths. The story outlines three myths often associated with the holiday season. The first that people gain a ton of weight between Thanksgiving and New Years Eve. Turns out not true at all on average normal weight adults gain one to two pounds. With those overweight or obese gaining around five pounds. The second myth is that suicides spike during the holiday season. Also not true supported by two studies one from Japan and one from the U.S. The third dispelled myth is that New Years Eve totals more traffic fatalities than any other day of the year. Once again not true New Years Eve actually comes in at number seven on the list. With July 4th being at the top of the list with an average of 144 deaths annually.

Callers

Carmen has questions regarding her mother and herself. First she has questions concerning her mother who has macular degeneration, high blood pressure, metabolic syndrome and weight gain. Finally she has questions a her own torn rotator cuff.

Fred has questions concerning his sister who is on dialysis. He also has questions for himself and his acid reflux and enlarged prostate.

Roy's wife is over weight, a type 2 diabetic with hypertension and renal failure.