

# ASHBY ADVISOR

**Edition Thirty-five  
April 2009**

Let's shower ourselves with some April news about your health.

Approximately 80% of physicians and nurses recommend some type of supplements for their patients. The survey was from 1177 nurses and physicians in October 2007. 72% of physicians reported taking some type of supplement themselves. Almost 90% of those took a multivitamin. 59% also took Vitamin D. Maybe they know something.

For years, doctors and patients have thought that the colonoscopy was extremely effective at preventing cancers. Originally, it was thought to be 90% effective. A recent Canadian study in "The Annals of Internal Medicine" call that into question. The retrospective study involved 10,292 people who died of colon cancer. The study found the test to be 60-70% effective at finding and removing cancerous and precancerous lesions. The American Cancer Society has no plan to change its recommendations on colonoscopies. There is not much else out there. The study recommended choosing their doctor carefully and follow colon cleansing directions better. Some doctors recommend taking half of the laxative dose at night and half in the morning.

In the meantime, do some preventive work. Eat higher fiber foods. Eat less red meat and fats and processed foods. Eat more vegetables. You know the routine. Take your Vitamin D.

\*Quote of the month: The best angle to solving problems is the try-angle.