

ASHBY ADVISOR

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- A recent SPINE article showed that 16% of kids aged 12-15 had low back pain. Eight years later 36% of the survey group age (20-23) still had low back pain.
- Taking Omega-3 fatty acids (fish oil) significantly reduced the incidence of sudden cardiac death. Beneficial effects can be seen in 90 days and get better the longer they are taken. It also raises HDL (good cholesterol) better than Lipitor (American Journal of Nutrition, July 2006).
- Adding Soy to the diet lowers the PSA (a marker for prostate cancer) without affecting testosterone.
- The June 3, 2006 British Medical Journal expresses concern that American standards for lowering cholesterol in high risk people are too aggressive and that there will be an increased risk of side effects without a decrease in mortality.
 - o In a previous BMJ article it was found that if Norway (one of the world's healthiest populations) adopted American standards that 85% of men and 20% of women over age 40 would have to be on statins.

** Why do you think it is called "The PRACTICE of Medicine?" **

- Recent studies are showing that the cholesterol we eat is not the greatest influence on the cholesterol in our blood – that honor goes to saturated and trans fat. Watch those labels – find out what you're eating.

Remember: Life is like an ever-shifting kaleidoscope
- a slight change, and all patterns alter.