

ASHBY ADVISOR

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Time for our end of the year newsletter. Let's start with the bad new first.

Despite efforts to slow the surge of obesity in America, the problem worsened in much of the country last year. Adult obesity rates increased in 37 states. Nine more states joined the ranks of those with 25% of its citizens classified as obese, bringing the total to 28. Eleven of the 15 states with the highest obesity rates are in the south. An estimated two-thirds of the entire U.S. adult population is overweight or obese, and an estimated 23 million children fall into one of the two categories. Alongside the rise in obesity, type 2 diabetes rates grew last year. Four states now have diabetes rates that are above 10%. Overall, this generation of children could be the first to have shorter, less healthy lives than their parents.

Now some good news. Antioxidants can make the difference between life and death in critically injured patients, according to a new study from Vanderbilt University Medical Center in Nashville. The study showed that antioxidants can heavily influence whether patients suffer potentially lethal major multiple organ failure after surgery for traumatic injuries. According to study leader Bryan Cotton, MD, FACS, Antioxidant therapy is so simple that it throws people off, costing only \$11 a patient for a seven-day course of antioxidants. The study tracked 4,000 patients. Treatment included 1,000 mg. of Vitamin C and 1,000 IU of vitamin E every eight hours by mouth, and 200 mcg. of selenium once a day intravenously. In the patients who received the antioxidant treatment, abdominal compartment syndrome occurrences were reduced from 90 to 31, and pulmonary failure reduced from 721 to 528. Talk about life saving and cost saving.

And at last, good news for people who go to the bathroom at night a lot. People who go to the bathroom at least twice nightly reduce their risk of bladder cancer by around 40 percent for men and around 50 percent for women and were more marked among smokers than non-smokers.

Hope you enjoy your Holidays. Happy Hanukkah, Merry Christmas, Happy Kwanzaa & Happy New Year. With all this celebrating, who in the world has time to read newsletters?

P.S. The November talk on low body temperature and low thyroid symptoms went great. The next one for those who wanted to come but but had schedule conflicts will be in January.

Quote of the email: If you want to have what you have not, you must do what you do not.