

ASHBY ADVISOR

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Let's keep up with some current research:

“White Coat Syndrome” Revisited: Hypertension that is seen in the office but not with home monitoring showed a twofold higher risk of a cardiovascular event than someone with “normal” blood pressure. So that “stress” response that some patients have can be related to a stroke/heart attack/etc... later on in life.

Another study of people with “normal” blood pressure looked at their night time sleep pressure. Those whose pressure did not drop at least 10% at night had a 44% elevated risk of cardiovascular event. So it looks like everyone will be undergoing a baseline sleep blood pressure monitoring to see who truly is at risk of cardiovascular events with “normal” blood pressure during the day. I wonder if they have or will check BP during exercise and its relation to cardiovascular risk.

As if we needed another reason for Vitamin D and/or sunlight exposure, From the “Journal of Steroid Biochemistry & Molecular Biology”; April 30th 2015. People who live in sunny countries near the equator have only one sixth the incidence of pancreatic cancer as those who live far from it. This strongly suggests, but doesn't prove that Vitamin D deficiency may contribute to the risk of pancreatic cancer.

Here is some pretty exciting news for Parkinson's and Parkinson dementia patients. A small study of 12 patients with severe Parkinson's was conducted. 11 of the 12 completed the six month study. All 11 of them showed improvement in movement, cognition, and 3 patients who had lost the ability to speak began speaking again. The gains they made began to fade within 3 weeks of stopping the study.

The Drug used was a Leukemia medication under the brand name *TASIGNA*[®] (*nilotinib*). Treatment of Leukemia with this drug is thousands per month, but the dosage for this pilot study was not given so the actual cost per month is not known. A larger study is being conducted and they are looking at a study on Alzheimer's patients as well. This is considered a major breakthrough if further studies confirm this.

Quote: “Babe Ruth struck out 1,330 times.”