

# ASHBY ADVISOR

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Happy New Year – hope 2010 is a great year.....

From the “Archives of Internal Medicine” comes this little jewel: CT scans deliver more radiation than previously thought and may contribute to 29,000 new cancers per year with 14,500 deaths. Researches found that a CT scan is equal to 74 mammograms or 442 chest x-rays. This is four times higher exposure than previously thought. Since the mid 1980’s CT scans have gone from 2 million per year to 70 million per year. (This is another reason that health care costs have risen so fast.)

With that being said it brings up a good point - put together a history of tests, labs, x-rays, MRI, CT’s etc. that you’ve had done and when and why they were done. Also a complete list of current medications and supplements is good to keep with you. That will help make sure that your doctors are aware of previous tests, treatments and don’t repeat them or hopefully not use interacting medications.

When you come in for your first visit in our office this year you will be asked to list all your current medications and supplements. (This includes returning patients, not just new ones.) This will help me understand your history and status better.

Speaking of supplements let’s revisit Coenzyme Q10. A good cardiovascular/cancer prevention supplement based on recent research. Melanoma of the skin is a growing problem. For people with advanced melanoma, those who were doing alpha-interferon therapy and given CoQ10 were 10 to 13 times less likely to have metastasis and they also had much fewer side effects (22% for CoQ10 group, 82% without CoQ10.)

I’m hopeful to see more integration of therapies to have more successful outcomes with fewer complications, less side effects and at a much lower cost. All of these would be a win-win for us all. This study shows one benefit. Hundreds of studies are showing similar promise. Now if we could get some of this implemented.

Stay Healthy.

Quote of the month: “A smile increases your face value.”