

# ASHBY ADVISOR

Second edition  
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**TOTAL BODY SCANS** - (ultra high speed CT scans) – Patients ask me if I recommend them. Due to the high amount of X-Rays it takes to do this I and the vast majority of other physicians do not recommend them. Getting a scan like this every few years would dramatically increase your chances of contracting something you are currently screening for. Do it enough times and eventually it will cause and find what it's screening.

**BAD NEWS FOR “Light” SMOKERS** – A 25+ year study in Norway with 43,000 people showed that even simply 1-4 cigarettes per day will triple your risk for Coronary Artery Disease.

**SKIPPING BREAKFAST** - To save time and calories can actually make you gain weight. It can also change insulin sensitivity and temporarily raise your LDL (bad) cholesterol. Eat a healthy breakfast!