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Smart Summer Survival Strategies

A guide for avoiding travel-related health and safety hazards during the vacation season.

By Lynn Allison

Summertime, and the livin' is easy. Or is it?

We all look forward to lazy days on the beach, communing with nature, enjoying hikes on mountain trails, and generally spending more time outdoors. But summertime isn't all about enjoying Mother Nature. It can be hazardous to your health.

In fact, according to the *Physician's Money Digest*, emergency room visits spike during the summer months. From the first signs of longer days until school is back in session, ER visits increase 15 to 27 percent.

Nearly 213,000 people are treated each year in emergency departments for outdoor recreational activities, according to a recent study by the Centers for Disease Control and Prevention.

The National Park Service also reveals staggering statistics. Annually there are approximately 65,439 search and rescue incidents in U.S. National Parks, and 2,659 fatalities. More than half the fatalities are related to swimming and boating incidents.

"Most of those boating fatalities are alcohol related," says Dr. Eunice

"Nici" Singletary, a member of the American Red Cross Advisory Council who sits on the group's First Aid Subcouncil.

Rule No. 1: Be Prepared

Singletary, an associate professor of emergency medicine at the University of Virginia, tells Health Radar that the key to summer survival is preparation and prevention.

"When you plan to go hiking or biking, make sure you are in good enough physical condition to face the challenge," she says. "Always scout the area before leaving home. Use the Internet or ask park rangers how difficult the terrain can get.

"Pack the right protective gear, from helmets to knee and elbow pads and loose clothing. Higher altitudes make the sun's rays even stronger, so it's important to wear wraparound protective sunglasses to shield your eyes and prevent damage to the cornea. Stay hydrated to prevent heat exhaustion or potentially deadly heatstroke. There are special water bottles, filtering kits and even straws you can pack that can purify stream and lake water."

Boating and swimming accidents

abound during the summer months. The most important elements for summer safety on the water are to ensure that everyone in the boat can swim and wears the proper life jacket.

“Many states, including Virginia, require that boat operators take a boating safety course and have that certificate on board,” she says.

Still, accidents will happen, so it’s crucial to know basic and even advanced first aid measures.

“The Red Cross offers first aid and CPR courses all over the country,” says Singletary. “You can even take them online. You should always carry a smartphone in case of emergencies.”

Go to redcross.org/apps to search for applications appropriate to your needs.

Always carry a first aid kit. The Red Cross offers inexpensive varieties to suit any purpose. They’re cheaper to buy ready-made than to try and put together.

“We have one on our boat that is waterproof and has not only the basics but is custom made for our needs,” she says. “There are now

lotions to help prevent jellyfish bites and poison ivy available at sporting goods stores. Naturally if someone is diabetic, carry extra glucose tablets. If a member of your family has a chronic illness, pack extra medication.”

Dr. Mehmet Oz, M.D., adds that you should also carry tweezers in your summer first aid kit.

“Tick bites can transmit Lyme disease and Rocky Mountain spotted fever,” he says. “When a tick sticks to you, you won’t necessarily contract the disease right away. Gently pull it off your body with the tweezers but don’t squeeze it. Save the tick so that doctors can determine whether or not it has Lyme disease. And check your body a few hours later to see if you’ve developed a bull’s-eye rash — a telltale sign of the disease.”

Here are some other common summer hazards and what you can do to prevent or avoid them.

Heat-Related Illnesses

Heat exhaustion is a milder form of heat-related illness. It can happen if you work or exercise in

a hot environment, especially if you don’t drink enough fluids to replace what you lose sweating. Symptoms include heavy sweating, pale skin, muscle cramps, headaches, weakness, and nausea or vomiting.

“Heat exhaustion can turn into heatstroke, so it needs to be treated at once,” Dr. Robert Silverman, a chiropractor from White Plains, N.Y., tells Health Radar. “Get to a shady or air-conditioned place, get cool water on you, drink cold water, and rest.”

Heatstroke from exercise is one of the three leading causes of death in sports activities. It is the potentially deadly side effect of heat exhaustion, a condition that occurs when people are exposed to high temperatures for extended periods of time without hydration.

It can happen in any environment to anyone, but is most common in children and animals left in vehicles, where the inside temperature can easily rise to 120 degrees on a hot day.

“When the body’s temperature control system gets overloaded



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from excess heat, brain and organ damage — even death — can occur,” says Dr. Silverman. “Heatstroke happens when the body gets so overheated that it can’t control its own temperature. Your temperature rises rapidly and could reach 103 degrees in just 10 to 15 minutes.”

Symptoms include rapid pulse, a throbbing headache, and feeling dizzy, nauseous, and confused. You also stop sweating.

“Heatstroke is a life-threatening emergency, so call 911 immediately,” says Silverman. “Try to cool yourself or the victim down fast. The best way is using cool water, like a bathtub or shower, or garden hose.”

Heat cramps are muscle spasms that happen to some people when they engage in strenuous activity in a hot environment.

“You’re more likely to get heat cramps if you sweat a lot, because you are dehydrated,” he explains. “If you experience these cramps, stop your activity immediately and rest in a cool, quiet place and replenish your fluids. If the cramps don’t subside in an hour or so, go to the emergency room.”

Preventing heat-related illness is mostly a matter of common sense. Aim for 16 to 32 ounces of cool water, fruit juice or a sports beverage every hour, and pace yourself. Try to schedule activities for the coolest part of the day.

Skin Damage

The summer months are the most damaging to the skin. Overexposure to the sun can lead to sunburn, sun damage, wrinkles, and cancer.

“Even though the sun’s rays

feel great, the ultraviolet radiation damages our skin more than any other external factor,” Dr. Anthony Youn, author of “The Age Fix,” tells Health Radar. “The best way to protect our skin from sun damage is to apply sunblock, wear a hat, and stay out of the hot midday sun.”

Youn advises applying a lighter sunscreen to your face and a heavier sunblock on your body. The American Academy of Dermatology (AAD) recommends using a sunscreen or sunblock with a minimum sun protection factor (SPF) of 30.

“Don’t use sunscreen sprays on children,” Youn advises. “They don’t need to breathe in those chemicals into their developing lungs.”

Reapply sun protection every two hours, more often if you are

going into the water.

“Eat plenty of fruits and vegetables,” Youn says. “Since they are high in antioxidants, they can help protect our skin from free radical damage from UV exposure.”

Zapping Zika

With hundreds of cases of Zika virus infection already reported in the U.S., infectious disease expert Dr. Donald Marks predicts that we’ll see even more during the hot summer months. He tells Health Radar that the best way to protect against Zika virus is to try to avoid mosquito bites.

Marks offers these tips:

- **Wear protective clothing.**
- **Stay indoors at night.**
- **Use bug nets, repellents.**
- **Avoid tight-fitting clothes.**
- **Eliminate or avoid mosquito breeding grounds.** □

6 Simple Summer Safety Rules

Dr. Max Lebow has been practicing emergency medicine for more than 25 years. The founder and medical director of Reliant Immediate Care Medical Group Inc. in Los Angeles has developed six cardinal rules for summer safety.

- 1. Talk to your doctor now.** Many heart and blood pressure medications can alter the body’s response to increased activity, sweating, and heat tolerance.
- 2. Don’t ignore chest pain.** Even if you have no history of heart problems, you should see a doctor right away if you have any chest pain after engaging in any summer sport or activity.
- 3. If you get short of breath,** stop your activity, whether you’re hiking a mountain trail, jogging along a scenic lake, or strolling the beach. If you stay out of breath, call your doctor or go to the nearest emergency room.
- 4. Stay hydrated.** Dehydration can happen very quickly. Always have access to plenty of fresh water by carrying a bottle with you or making sure there are drinking fountains wherever you’re headed.
- 5. Don’t overdo it.** Sprains, muscle strains, and bone breaks are more common as we get older. Stretch before activities, start slowly, and don’t overexert yourself.
- 6. Stay sun safe.** Use lots of sunscreen on exposed skin. Remember that sunscreen needs to be reapplied every two hours. It loses its effectiveness and the ability to absorb harmful UV rays over time.



Making **YOU** Live Healthier

with Mehmet Oz, M.D. & Michael Roizen, M.D.

Reduce Your Risk of Fatal Prostate Cancer

You have prostate cancer. Those are words no man wants to hear. Yet more than 180,000 American men will hear them this year.

Prostate cancer is the most commonly diagnosed cancer among men in the United States. It's also the second-leading cause of cancer deaths in men, expected to claim 26,120 lives this year alone.

Fortunately, prostate cancer is usually slow growing and not lethal. In fact, cancer specialists say it's often "indolent," meaning a prostate tumor won't spread or become lethal.

However, about 1 in 5 men develop aggressive, high-risk prostate cancer; 30-40 percent of these men will see a heartbreaking return of cancer at some point after treatment. For many, it will prove fatal.

6 Steps to Take Against Prostate Cancer

A new Harvard study that reviewed the lifestyle habits and health histories of 63,025 men now reveals six simple steps that will cut the risk for fatal prostate cancer by an impressive 47 percent.

1. Break a sweat (cuts risk 34 percent). Get at least three hours a week of vigorous physical activity or seven hours a week of brisk walking. Exercise and other physical activity (like digging in the garden, taking a hike, or biking) protects your prostate by keeping a lid on compounds that fuel cancer growth. These compounds include insulin and insulin-like growth factor. Exercise also keeps other bioactive chemicals, like sex hormones, at healthy levels.

2. Cut back on processed meat (22 percent). We say eliminate all processed meats from your diet. This study recommended no more than two weekly servings of 4 ounces. Hot dogs, bacon, sausage, and lunch meats contain nasty compounds that are proven carcinogens.

3. Munch, sip, and slurp tomato products (18 percent). Aim for seven servings a week of fresh tomatoes, salsa, tomato sauce, or tomato juice. Tomatoes and the protective phytochemical lycopene they contain are associated with lower prostate cancer risk. Heat liberates more of the lycopene, so simmering them in soups, stews, and fresh sauces can increase the available lycopene by as much as 164 percent. You get about 25 mg of lycopene in a half-cup of tomato puree, a cup of tomato soup, or vegetable juice cocktail, but only around 5 grams in a medium-size fresh tomato.

4. Say yes to fatty fish (17 percent). Aim for one or more servings a week of "fin food" that's high in DHA omega-3 fatty acids. These include salmon, sardines, and trout. The fats may help by encouraging the death of cancer cells and interfering with inflammation that comes from getting too many omega-6 fatty acids and not enough omega-3s.

5. Quit smoking or never start (12 percent). Cancer-causing chemicals in tobacco smoke concentrate in the prostate gland. Smoking may boost risk by raising levels of cancer-fueling hormones such as DHEA, cortisol, and some forms of testosterone. Once you stop, in 10 years your risk falls to that of a nonsmoker.

6. Maintain a healthy weight (7 percent). Avoid obesity and belly fat, or lose it now. You don't have to get super-skinny, just keep your body mass index, a measurement that compares your height and weight, below 25. Walking 10,000 steps every day, eating 5 to 9 servings of fresh produce, and eliminating processed and sugar-added foods does the trick. Excess fat, particularly the kind that wraps around internal organs in your abdomen, can raise levels of cancer-fueling compounds in the blood. □

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9 Summer Emergency Tips That Can Save Your Life

By Lynn Allison

Summer means outdoor fun, but it also increases the risk of potentially deadly health hazards.

“The good news is that most of these dangers are preventable,” Dr. Kevin Rodgers, president of the American Academy of Emergency Medicine and professor of clinical medicine at Indiana University, tells Health Radar.

“We see an insurgence of medical emergencies during the warm weather because people are spending more time outdoors and not taking basic precautions.”

Here are 9 common summer emergencies and how to prevent them:

1. Biking, ATV accidents. Most of the serious emergencies tied to biking mishaps could be prevented if people wore helmets. “We see a lot of kids being injured falling off ATVs, which become very popular during the summer months,” says Rodgers. “No child under the age of 12 should operate an all terrain vehicle, and everyone should wear helmets.” Older folks tend to have more head and other serious bike injuries because of their brittle bones and the fact they may be on anticoagulants.

2. Falls. People tend to do more outdoor household chores in warmer months — cleaning their windows and gutters, for instance — so there’s a huge increase of emergency room visits from falling from ladders. In a study published in the *Journal of Surgical*

Research people older than 66 were 3.4 times as likely as younger people to suffer head injuries falling off a ladder. “Hire someone to do this work if you don’t feel comfortable with heights or have balance issues,” advises Rodgers.

3. Food poisoning. “I go crazy when I see people eating potato salad made with mayonnaise that’s been left outside for hours,” he says. “Keep all perishables on ice and don’t take a chance if food safety is questionable.” Vomiting from food poisoning can cause dehydration, which can be serious. Take small sips of water or an electrolyte drink and if you can keep that down, drink a little at a time rather than gulping it all. If nausea and diarrhea last more than two days, see a doctor.

4. Stinging jellyfish. If you’ve been stung, rinse the area with salt water and vinegar. If any of the tentacles are still sticking to the skin, use shaving foam and a credit card to remove them. If you develop symptoms of an allergic reaction, seek medical help.

5. Rip currents. These currents found by the shoreline are dangerous if you try to fight them or you panic if you find yourself caught in one. They can take you out to sea, and if you are not a strong swimmer, you can end up in trouble. To escape, try swimming parallel to the shore until the current releases its grip. Scan the ocean first looking for dark paths in calm water and swim near a lifeguard.

6. Drowning. If you see a swimmer in distress, or a child has been lost at the beach, go immediately to a lifeguard, who can communicate with other guards to help or quickly locate the child. “They can also scan the ocean for any sign of a child thrashing in the water,” says Rodgers.

7. Snake bites. Only one in six types of snakes are poisonous, and those creatures want to avoid you as much as you want to avoid them. But if you are bitten, try to identify as many details about the reptile as possible. Call 911 immediately or go to the nearest ER. Wash the bite as you wait for help. “If you develop symptoms such as shortness of breath, you may have to get an antivenom shot that should only be administered by hospital personnel so you can be monitored,” Rodgers notes.

8. Insect bites, stings. If you know you have allergies, always carry an EpiPen with you when you’re outdoors to counter an allergic reaction to a biting or stinging insect. “Make sure that it isn’t more than three years old,” says Rodgers. “They do have expiration dates.”

9. Lightning strikes. This common summer hazard can be deadly and usually strikes people in groups. More than 300 people a year are struck by lightning and about 70 are killed. Seek shelter immediately if black clouds approach and avoid touching anything metal. □

Avoid Deadly Grilling Accidents

By Lynn Allison

Backyard barbecues are a summer tradition for most Americans. But grilling raises the risk for deadly accidents when common sense and proper precautions go out the window.

“Every year, we see 15,000 to 20,000 cases of burns caused by barbecues,” says Dr. Kevin Rodgers, president of the American Academy of Emergency Medicine. “And those are the ones reported. We know there are countless more not treated in emergency rooms.”

To ensure worry-free summer cookouts, here are some timely safety tips.

Take safety precautions. Safety begins before you throw the first dogs and burgers on the grill. “The key is preparation,” Rodgers says. “Make sure you have a fire extinguisher on hand that’s in proper working order. Have your gas grill checked to make sure there are no leaks in the hoses. You can rub the hoses with a soapy solution, and if you see bubbles when you turn on the gas or if you smell gas, you’ve got a leak.”

Beware brush bristles. It’s a good idea to clean your gas grill grate to remove built-up grease and debris. But make sure the wire brush you use is new each season, and in good shape. Otherwise you may ingest metal brush particles with your food. Between 2002 and 2014, more than 1,698 grill-brush injuries were reported in emergency rooms.

Reduce fire risks. Each year, about 8,000 house fires result

from grill errors. Most are due to gas grills placed too close to the home or near flammable materials. “Place the grill at least two feet from the house, and make sure the legs are secure if you’re grilling on a wooden deck,” says Rodgers.

Keep a close watch on the grill. Never leave your grill unattended, is another “cardinal rule” for fire safety. “A kid may come along and try to touch the surface, or something malfunctions,” he says.

Be patient. Besides preparation, Rodgers preaches patience. “If the charcoal isn’t burning fast enough for you, do not apply more lighter fluid. You apply the fluid — never gasoline — onto the charcoal once [before lighting the charcoal] and then be patient,” he advises.

“Gasoline has a different flash point and the coals can blow up.”

Be aware of rising gas levels. “If the electronic starter on a gas grill doesn’t work, turn off the gas and burners and then go into the house to get a match,” he says. “I’ve seen folks leave the gas and burners on while they search for matches. When they set the match into the grill, the flames explode.”

Keep a safe distance. A blazing grill can not only burn skin, but can also put your eyes at risk. “We see many people with burns on their corneas from sparks flying into their eyes,” Rodgers says.

Put out the fire. When you’re done grilling, be certain the fire is out and everything is turned off and covered. “Turn off the gas tank and cover coals thoroughly. A little wind can provide enough oxygen to ignite them,” says Rodgers.

Practice food safety. Nutritionist Dr. Robert Silverman from White Plains, N.Y., recommends thoroughly cooking — but not charring — grilled foods. Charring can produce cancer-causing substances. It’s also important to make sure that the internal temperature of grilled meat is at least 165 degrees before serving it, or you risk suffering food poisoning. And be sure to keep chilled side dishes refrigerated to avoid spoilage that results when foods are left out for long periods of time. □

“FIT AFTER 50” FACT

Got arthritis? Get moving. That’s the upshot of new research that shows exercise helps manage the pain caused by hip osteoarthritis. Americans develop 3 million new cases each year — most often among those who are older, obese, have previous joint injuries, weak muscles, or genetic risk factors. The new research, led by Kay M. Crossley of La Trobe University in Bundoora, Australia, is based on a review of 19 studies of water-based or land-based exercise therapies or manual therapy for osteoarthritis. Most found at least short-term benefits from exercise, even though doctors typically do not recommend exercise therapy, relying instead on pain-relieving drugs for osteoarthritis.

Superfoods That Keep You Sharp As You Age

By Simone De Oliveira

The key to keeping your mental edge as you age may be only as far away as your refrigerator. Natural compounds in many common foods are good for both your body and your mind.

“A brain-healthy diet [is] one that reduces the risk of heart disease and diabetes, encourages good blood flow to the brain, and is low in fat and cholesterol,” according to the Alzheimer’s Association.

The overall goal of a brain-healthy diet is the prevention of mental deterioration, and if choosing certain foods over others can help then why not do so? Here’s a primer.

Blackberries. In order to process new information, our brain cells need to “talk” to each other. But as we age, those cells become inflamed, making it harder for them to communicate with one another. Blackberries provide potent antioxidants called polyphenols that help reduce the inflammation and encourage better communication between neurons, thereby improving your ability to gather new information.

Apples. America’s favorite fruit is a leading source of quercetin, an antioxidant plant chemical that defends your brain cells from free radical attacks that can damage the outer lining of delicate neurons and eventually lead to cognitive decline. To get the most quercetin, be sure to eat your apples with the skin on since that is where the greatest concentration is found.

Cinnamon. Beta-amyloid plaques are one of the trademarks of Alzheimer’s disease. The other important culprits are the tangles in the brain made of tau proteins that cause brain cells to die. Emerging research from the University of California, Santa Barbara, reveals that two compounds in cinnamon — proanthocyanidins and cinnamaldehyde — may inactivate these tau proteins and help prevent age-related cognitive decline.

Spinach. This leafy green is very high in nutrients that prevent dementia, including folate, vitamin E, and vitamin K. Only one-half cup of cooked spinach

provides a third of the folate and five times the vitamin K you need each day. A landmark neurology study by the Rush Institute for Healthy Aging in Chicago revealed that eating three servings of leafy green, yellow, and cruciferous vegetables daily can delay cognitive decline by 40 percent. Of these three, leafy greens were found to be the most protective.

Extra virgin olive oil. Amyloid B- derived diffusible ligands (ADDLs) are Alzheimer’s disease-inducing proteins that are toxic to the brain. In the initial stages of the disease, they attach to brain cells, rendering them unable to communicate with one another — which eventually leads to memory loss. Extra virgin olive oil is rich in oleocanthal, a compound that disables these dangerous ADDLs.

Salmon. This fatty fish is a leading source of DHA, the predominant omega-3 fatty acid in your brain, which is believed to protect against Alzheimer’s disease. Salmon is also nature’s No. 1 source of vitamin D, a nutrient that plays an important role in the prevention of cognitive decline.

Turmeric. This unique spice is a cousin of ginger and one of the main seasonings used in Asian curry dishes. Turmeric is especially rich in curcumin, a compound believed to inhibit Alzheimer’s disease in multiple ways. Not only does it block the formation of beta-amyloid plaques, it also fights inflammation and lowers artery-clogging cholesterol that can reduce blood flow to your brain.

Concord grape juice. Researchers are increasingly finding that what’s good for your heart is also good for your brain. The same heart-healthy polyphenols in red wine and Concord grape juice that improve your cardiovascular function can give your brain a boost. Like the polyphenols found in blackberries, they also improve the communication between brain cells. □

Simone De Oliveira is a registered dietitian and expert on geriatric nutrition with 20 years of experience working for United HomeCare, the largest provider of home healthcare in Miami.

Sciatica: Find Relief for Excruciating Pain

By Lynn Allison

Q: What is sciatica?

A: Sciatica refers to the varied symptoms of pain that arise when the sciatic nerve or its branches become irritated. This is the longest nerve in your body and runs from your spinal column, laterally across your buttocks and down the back of the leg. The pain can range from simply annoying to absolutely excruciating. Usually only one leg is affected. It's estimated that 40 percent of adults will suffer from this condition at some time. The most likely cause is a bulging or herniated disk pressing on the nerves as they exit the spinal column. But trauma from an accident or injury can also cause sciatica. Spinal stenosis, the narrowing of one or more areas in the spine, is another factor. Some cases of sciatica are caused by piriformis syndrome. The piriformis is a large muscle that travels from the lower spine and connects to your thighbone. When this muscle becomes tight or spasms, the sciatic nerve can be compressed. Prolonged sitting or accidents may cause this syndrome.

Q: What is the best treatment?

A: Treatment is varied. In many cases, sciatica responds well to self-care. You can take over-the-counter anti-inflammatory medications or pain-control medications like Tylenol to get relief. Rest is important to allow the nerves and inflammation to settle down. Applying alternating hot and cold packs to the affected area may also provide relief. If your symptoms don't subside in a week or two, you should seek medical help. After a careful evaluation, your doctor may try injections of anti-inflammatory medications directly into the nerve, epidural injections along the spine to help treat the herniated or bulging disk, or prescribe physical therapy that would include stretching exercises to relieve the symptoms. As a very last resort, there are several surgical procedures to remove or correct the root cause of the sciatica. Please note that if along with sciatica pain you experience muscle weakness,

or bowel and bladder dysfunction, you need immediate medical attention.

Q: Are there alternative cures?

A: Some patients have found sciatica relief with acupuncture, chiropractic, massage therapy, and even hypnosis. These therapies are worth trying, pose few dangers, and may provide relief. It's important to choose a qualified or licensed therapist, however, if you choose to take any of these alternative routes.

Q: Can a person stop sciatica from coming back?

A: Sciatica is certainly a condition that often recurs, so it's important to be proactive. If you've had physical therapy to treat your sciatica, perform those stretches and exercises daily to keep your back healthy. Work out regularly to strengthen your back and core muscles, which are essential for proper alignment. Use a chair with good back support or place a pillow or rolled towel in the small of your back to maintain a proper spinal curve. If you work at a computer, take frequent breaks to walk around. Pay attention to your posture. Poor posture places stress on your back. Bend your knees when lifting heavy objects and hold the load close to your body to avoid straining your back muscles.

Q: Does sciatica run in families?

A: Although it is mostly caused by heavy lifting, injury, or simply getting older, sciatica may have a genetic component, according to new research. A number of studies have found having an immediate family member — or even an aunt, uncle, grandparent, or cousin — with chronic back pain can make you more likely to suffer, too. □

Dr. Brian Bacot is an international authority on sciatica and back pain. He is president and CEO of Comprehensive Orthopaedic Global located in St. Thomas in the U.S. Virgin Islands.



Do You Have a Cancer Gene?

By Chris Pritchard

A deadly trigger gives people an 80 percent chance of developing cancer by age 70, yet only one person in 20 knows whether he or she is at heightened risk, says a leading cancer researcher.

The trigger — called Lynch syndrome — is a gene defect believed to be carried by more than 1 million Americans. But most don't know it.

“Across the [mainly developed] countries from which we have data, only 5 percent know whether or not they carry the gene mutation,” says Dr. Sharron O'Neill, a senior research fellow at Macquarie University in Sydney, Australia, whose work uncovered the genetic cancer link.

Because the syndrome is symptomless, it's critical for those at risk to know about it, she says.

Lynch syndrome is the most prevalent of inherited cancer syndromes. A mutation corrupts one of four genes — MLH1 (most often), MSH2, MSH6, or PMS2 — that offer protection against cancer. It affects both sexes, but women are more often carriers.

While colon cancer is the most common among carriers, Lynch syndrome is also implicated in colorectal, endometrial, ovarian, stomach, liver, gallbladder, urinary tract, brain, skin, and esophageal cancers.

Named after physician and researcher Dr. Henry Lynch, the syndrome was previously known as hereditary non-polyposis colon

cancer. The name was changed to indicate its ravages aren't limited to colon cancer.

According to O'Neill, doctors “should suspect a patient may carry Lynch syndrome when there's a compelling family history of cancer. This means three or more family members have been diagnosed . . . two or more generations are affected and one affected family member was diagnosed before age 50.”

A 25-year-old female Lynch syndrome carrier has an 80 percent chance of developing cancer by age 70. A 45-year-old male carrier has a 70 percent chance of needing treatment for the disease by age 70.

Medical guidelines “recommend annual colonoscopies” for carriers. For women, “prophylactic removal of the uterus, fallopian tubes, ovaries, and cervix should be considered after childbearing is complete or by age 40,” says O'Neill.

The good news is that a simple blood test can detect a Lynch syndrome carrier.

O'Neill counsels that people worried they may be carriers should seek medical advice and find out as much as possible about the condition.

Early detection can be a life-saver because, as the researchers point out, if cancer is detected in its early stages, treatment is much more likely to be successful.

But before you blame your parents for your cancer, it's worth recognizing that some family physicians are part of the problem.

O'Neill notes that last year

Lynch Syndrome Australia conducted an international survey of more than 460 responses from people in Australia, the United States, Britain, and elsewhere.

“One of the biggest barriers . . . was reported to be lack of awareness of family physicians, surgeons and other health practitioners,” she observes. “Many respondents indicated their family history and/or symptoms were dismissed by their doctors, often until a family member presented with an advanced cancer.” □

“FIT AFTER 50” FACT

Can't remember the last time you went to the gym or went for a jog? There may be a scientific explanation: New research shows exercise helps protect older adults' brains from memory loss and mental declines. In fact, the University of Maryland research found physical fitness reverses brain shrinkage tied to Alzheimer's disease. The study involved 34 inactive people, ages 61 to 88, who engaged in a 12-week exercise regimen. Over time, the participants experienced improvements in heart and lung function, and also had an increase in the thickness of a region of the brain that typically shrinks with Alzheimer's. The study was published in the *Journal of the International Neuropsychological Society*.

Younger Than Your Years: How Old Are You Really?

By Gary Greenberg

How old would you be if you didn't know how old you were?

That's the question posed by baseball legend Satchel Paige, who seemed to defy time, pitching professionally well into his 60s.

Paige was a prime example of how we have two different ages — chronological and biological. The first is a function of time, the second a function of body. Often, they don't match, which is why many people look and feel either younger or older than their years.

"Most of us have all had the experience of being surprised to find out that someone is far younger than we had imagined," says Terry Grossman, founder and medical director of the Grossman Wellness Center in Golden, Colo. "By the same token, we will occasionally discover that someone is considerably older than we had guessed. The reason for these discrepancies is often because their biological ages are different than their chronological ages."

So which are you? Scientists can accurately measure biological age by examining a person's genes. Complicated tests in labs can also analyze the physiological function of someone's body to come up with a number. But there are also tests you can perform at home. David Kekich, CEO of the Maximum Life Foundation in Newport Beach, Calif., offers the following suggestions.

Online Age Tests

Along with the home-aging tests, here are three online quizzes that use blood pressure, height, weight, cholesterol level, lifestyle, diet, family history, brain function, and other data to estimate biological age.

- ▶ Biological Age Calculator disabled-world.com/calculators-charts/health-age.php
- ▶ Biological Age Test growyouthful.com/gettestinfo.php?testtype=quizb
- ▶ My Brain Test mybraintest.org/healthy-brain-test/

Lung capacity. Take three deep breaths and hold the fourth for as long as you can. A 20-year-old can hold it upward of two minutes, but we lose about 20 seconds per decade. So if you're 60 and can hold your breath one minute, that means you have the lung function of a 50-year-old.

Skin elasticity. Pinch the skin on the back of your hand for five seconds, then let go. It will snap back in place instantly in young people, take about three to five seconds for 45-year-olds, 10 to 15 seconds for 60-year-olds, and 35 to 60 seconds for those 70 and up.

Cognitive ability. Have a pal write down a seven-digit number, tell it to you twice and then you try to repeat it backward. Young people can typically get all the digits right, while 50-year-olds

miss one, 60-year-olds miss two, and 70-year-olds three.

Balance. Stand barefoot on a level, uncarpeted surface with your feet together, then close your eyes and raise your dominant foot about six inches off the ground. See how long you can balance that way. A 20-year-old can do it for 30 seconds or more, but we lose about six seconds per decade. So a 60-year-old who can do it for 12 seconds has the balance capabilities of a 50-year-old.

Reaction time. Have a friend hold a yardstick vertically from the end. Place your thumb and forefinger about three inches apart at the 18-inch line. Have the friend let it go without warning and catch it between your fingers. A 20-year-old will nab it at the 12-inch line, but that progressively decreases to five inches at age 65.

"We have a lot of control over our lifespan," Kekich, author of the book "Smart, Strong and Sexy at 100?" tells Heath Radar. "We can increase it by up to 15 or 20 years, mostly by lifestyle — diet, exercise, meditation, stress reduction, nutritional supplements, and proper medical care."

"People can reverse their biological age dramatically. As Muhammad Ali once said: 'Suffer today and live the rest of your life as a champion.' These days, suffering for most people can mean skipping the donut at the office and getting some regular exercise. That's not a big price to pay to add years to your life." □

Latest FDA Approvals: Biosimilar, Pacemaker, Blood Cancer, Parkinson's

Compiled exclusively by Health Radar, here are the most significant new drugs and medical devices approved by the U.S. Food and Drug Administration.

Inflectra: Second 'Biosimilar' Drug

The Food and Drug Administration approved its second-ever "biosimilar" drug, **Inflectra**, for adults with Crohn's disease, rheumatoid arthritis, or chronic plaque psoriasis. A biosimilar is sanctioned based on its maker's ability to show it is "highly similar" to an already approved drug that is generally derived from a living organism. The maker of a biosimilar drug also must prove that the product has no "clinically meaningful difference" in safety and effectiveness.

Inflectra's most common clinical side effects included respiratory infection, headache, cough, and stomach pain. A less common side effect is an allergic-like reaction within two hours of injection.

First Wire-Free Pacemaker

The first pacemaker to treat irregular heartbeat without the need for wires between the device and the heart has been approved. The **Micra Transcatheter Pacing System** is implanted in the heart's right ventricle.

The device was evaluated in clinical studies involving 719 people. About 98 percent of those given the device had "adequate heart pacing" six months after surgical implantation. Complications, which affected fewer than 7 percent of trial participants, included extended hospitalization, blood clots in the legs or lungs, heart injury, device dislocation, and heart attack.

The device shouldn't be implanted in severely obese people, or in people who may be intolerant to its components or to the blood-thinner heparin.

Venclexta for Gene-Specific Blood Cancer

Venclexta (venetoclax) has been approved to treat chronic lymphocytic leukemia (CLL) characterized by a specific chromosomal abnormality called the 17p deletion. People with this abnormality lack a portion of a chromosome that thwarts cancer growth.

It occurs in 10 to 20 percent of people with CLL.

Venclexta's effectiveness was tested on 106 people with CLL who also had the 17p deletion abnormality. Some 80 percent of trial participants showed a complete or partial remission.

The drug's most common side effects included low white blood cell count, diarrhea, nausea, anemia, upper respiratory infection, low blood platelet count, and fatigue.

More serious complications included pneumonia, fever, and more severe anemia.

Nuplazid for Parkinson's Hallucinations

Nuplazid (pimavanserin) has been approved to treat hallucinations and delusions associated with Parkinson's disease. As many as half of people with Parkinson's may have hallucinations and delusions. This can lead to difficulty associating with loved ones or the inability to take care of oneself.

Parkinson's typically affects people 60 and older, and is triggered when cells that are supposed to produce a brain chemical called dopamine become impaired or die.

Dopamine helps transmit neurologic signals that lead to smooth, "purposeful" movement during activities such as writing, shaving, and walking. The speed at which Parkinson's affects the body and brain varies from person to person.

Nuplazid was evaluated in clinical studies involving 199 people. The most common side effects included swelling of the ankles, legs and feet, nausea, and confusion. □

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HEARING AIDS IMPROVE MEMORY

More than 9 million Americans over the age of 65 have hearing loss, but only about 20 percent of them will purchase and wear hearing aids. “There’s a stigma attached,” says University of Texas at El Paso researcher Jamie Desjardins. In addition to having emotional and social consequences, loss of hearing can also diminish cognitive skills such as working memory and processing speed. Desjardin’s research found that after using hearing aids for only two weeks, cognitive function was significantly improved in the hearing impaired.

EATING BREAKFAST WARDS OFF STROKE

A study published in the journal *Stroke* found that eating breakfast decreases the risk of stroke, and the more days a week a person has breakfast, the lower his or her risk will be. The 15-year study, which followed 82,000 healthy people, found that those who ate breakfast the least had a 20 percent higher risk of stroke, especially a cerebral hemorrhage, when compared to those who ate breakfast the most. Researchers theorize that skipping breakfast could lead to high blood pressure and high cholesterol — both risk factors for stroke.

MEDITATION, AEROBIC EXERCISE COMBO CUTS DEPRESSION

Just two weekly sessions of a combination of meditation and aerobic exercise for two months cuts depression by 40 percent. Scientists at Rutgers University followed a group of mentally healthy students and a group suffering

from depression. The twice-weekly sessions consisted of 30 minutes of meditation and 30 minutes of aerobic exercise. After eight weeks, the depressed group reported a 40 percent reduction in symptoms of depression. The scientists pointed out that these low-cost solutions to depression are available to everyone.

**TEA AIDS HEART HEALTH**

Drinking a single cup of tea a day can lower cardiovascular disease by 35 percent, according to a study from Johns Hopkins Hospital in Baltimore. Scientists, who examined the tea-drinking habits of more than 6,000 people, found that tea drinkers who drank from one to three cups of tea daily also tended to have less calcium buildup in their coronary arteries, which has been linked to heart disease and stroke.

OSTEOPATHIC TREATMENT IMPROVES BACK PAIN

Osteopathic manipulative treatment (OMT) — a “hands-on” treatment that moves bones, muscles, and joints to treat ailments — reduces pain and improves function in patients suffering from chronic low back pain, according to a study conducted at the University of North Texas Health Science Center. Two randomized, double-

blind trials found that the pain of patients who underwent six OMT sessions over a period of eight weeks was significantly reduced. Those who had the greatest disability reported a reduction in pain of at least 50 percent. Their results led researchers to suggest patients try OMT before undergoing surgery.

TAI CHI REDUCES FALLS

The ancient Chinese art of tai chi, a type of exercise that uses slow, gentle movements combined with mental focus, can reduce the risk of falls in seniors by 50 percent, according to a study published in the *Journal of the American Geriatrics Society*. Seniors ages 60 and older were divided into two groups. The first group participated in weekly tai chi classes conducted by tai chi instructors for 24 weeks, and the second group received 24 sessions of individual lower extremity training (LET) conducted by physical therapists. At the end of six months, those practicing tai chi experienced 50 percent fewer falls than the LET group. The benefits remained for a year after people underwent the training.

PROBIOTICS HELP BATTLE LIVER CANCER

Probiotics, the live bacteria in yogurt and other foods that live in your gut and are good for your overall health, have been found to fight liver cancer. Researchers used mice designed to have hepatocellular carcinoma (HCC), the most common form of liver cancer. Those given probiotics showed a 42 percent reduction in tumor size and a 52 percent reduction in the growth of blood vessels — the means tumors use to

grow and spread — when compared to untreated mice. The study, which was published in the *Proceedings of the National Academy of Sciences*, found that probiotics increased anti-inflammatory bacteria in the gut, which may help block tumor growth.

DRIED PLUMS PROTECT AGAINST RADIATION BONE LOSS

Dried plums can protect against bone loss resulting from radiation exposure, says a study published in *Scientific Reports*. Bone density can be affected by radiation, including radiation from medical procedures. Researchers evaluated four methods of protecting bones from osteoporosis, all of which had antioxidant or anti-inflammatory properties: an antioxidant cocktail; dihydrolipoic acid (a form of lipoic acid); ibuprofen; and dried plums (also known as prunes). Of all four treatments, dried plums were the most effective. “We can conclude that inclusion of dried plums in the diet may prevent the skeletal effects of radiation exposures,” said Dr. Nancy Turner of Texas A&M AgriLife Research. She noted that dried plums contain bioactive compounds, including polyphenols that are known for their high antioxidant and anti-inflammatory properties.

HEART FAILURE DRUG MAY TREAT HERPES

Options are limited to one class of antiviral drugs for treating herpes viruses, a group of pathogens that cause herpes, shingles, and mononucleosis. Scientists from the University of Utah School of Medicine found

that spironolactone, a well-known diuretic used to treat heart failure, can block infection by Epstein Barr virus (EBV), a virus that causes mono and is associated with several types of cancer. The drug appears to be able to block a key step in viral infection common to all herpesviruses, and could be tweaked to become a new class of anti-herpesvirus drug.



BLUEBERRIES FIGHT ALZHEIMER'S

Blueberries, already known for their ability to lower the risk of heart disease and cancer, may also help fight the devastating effects of Alzheimer's, say researchers from the University of Cincinnati Academic Health Center. Adults age 68 and older, who had mild cognitive impairment, ate freeze-dried blueberry powder equivalent to a cup of fresh berries, or a placebo powder for 16 weeks. Those taking the blueberry powder showed an improvement in cognitive abilities when compared to those who took the placebo powder.

“The blueberry group demonstrated improved memory and improved access to words and concepts,” said research leader Dr. Robert Krikorian, Ph.D. Functional magnetic resonance imaging (fMRI) showed increased brain activity in those who took the blueberry powder.

MEDITATION EASES BACK PAIN

Meditation may work better than drugs to ease chronic low back pain. Scientists at Seattle's Group Health Research Institute found that eight weekly sessions of mindfulness-based stress reduction (MBSR), including techniques such as meditation and yoga, were more effective in relieving pain and improving ease of movement than conventional care, such as over-the-counter painkillers.

Even a year later, subjects who participated in the weekly sessions of MBSR reported substantial improvements, with 69 percent feeling better, compared to 44 percent of those who didn't engage in such practices. Cognitive behavioral therapy (CBT), which taught people to change the way they felt about pain, also helped improve both pain and ease of movement better than conventional care.

MEN: DEFEAT DEMENTIA BY MARRYING A BRAINY WOMAN

Men who want to live a long life free of dementia should marry a smart woman, says Lawrence Whalley of the University of Aberdeen. Studies of twins show that a person's environment, such as a lengthy education and a high-powered job, can influence their risk of developing dementia. Highly intelligent people can even show physical signs of dementia in brain scans, but develop no symptoms of the disease. In addition, Whalley says that having an intelligent partner in life provides the intellectual stimulation needed to fight dementia. □

Learn More About Holistic Medicine

By William S. Maxfield, M.D.

The practice of prescribing medications for every ailment is designed to relieve the symptoms of a disease process and not to treat the underlying cause. In contrast, holistic medicine uses natural approaches to treat the disease that is producing symptoms, thereby changing the status of the individual from a disease process to a more natural process. I have written before about books on holistic medicine, but here is a more comprehensive list:

“Treasury of Natural Cures” by Jonathan Wright, M.D., published by NewMarket Health Publishing LLC (702 Cathedral Street, Baltimore, Md., 21201). Dr. Wright also publishes a newsletter called Nutrition in Healing, and has written a book called “Library of Food and Vitamin Cures,” published by NewMarket Health Publishing.

“Miracles from the Vault: Anthology of Underground Cures” by Jenny Thompson, published by Institute for Health Sciences Institute, LLC (702 Cathedral Street, Baltimore, Md., 21201).

“Outsmart Your Cancer: Alternative Non-Toxic Treatments that Work” by Tanya Harter Pierce M.A., MFCC, published by Thoughtworks Publishing (P.O. Box 4949, Stateline, Nev., 89449).

“Natural Healing Encyclopedia” by Mark Stengler, M.D. (Health Revelations Member Services

Department, 702 Cathedral Street, Baltimore, Maryland 21201).

“Coronary Heart Disease: Your Annual Guide to Prevention, Diagnosis, and Treatment” by Gary Gerstenblich, M.D., Simeone Margolis, M.D., Ph.D. (The Johns Hopkins Health After 50 Post Office 8529, Big Sandy, Texas).

“The 31 Day Home Cancer Cure” by Ty Bollinger with Andrew Scholberg. Online Publishing & Marketing, LLC. (P.O. Box 1076 Lexington, Va., 24450).

“The Amish Cancer Secret: How to Cure Just About Any Cancer the Amish Way” by Frank Cousineau with Andrew Scholberg (Online Publishing & Marketing, LLC. (P.O. Box 1076 Lexington, Va. 24450).

“Rethinking Cancer: Non-traditional Approaches to the Theories, Treatment and Prevent of Cancer” by Ruth Sackman (Square One Publishers, 115 Herricks Road, Garden City Park, N.Y., 11040).

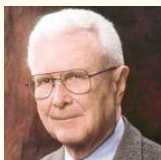
“Tomorrow’s Cancer Cures Today: 25 Secret Therapies from Around the World” by Allan Spreen, M.D. (Health Sciences Institute. (702 Cathedral Street, Baltimore, Md., 21201).

“The Stengler Cancer Reversing Protocol: Your Personal Guide to the Most Powerful and Natural Cancer Therapies” by Mark Stengler, MD (Health Revelations, LLC. 702 Cathedral Street Baltimore, Maryland 21201).

“How to Cure Almost Any Cancer at Home for \$5.15 a Day” by Bill Henderson and Andrew Scholberg. (Online Publishing and Marketing, LLC. PO Box 1076 Lexington, Virginia 24450).

“Change Your Brain, Change Your Life” by Daniel G. Amen M.D. (Three Rivers Press, available through the Amenmd Clinic at 350 Chadbourne Road, Fairfield, California 94585). □

Dr. William S. Maxfield, M.D., is a board-certified physician in hyperbaric medicine, radiology, and nuclear medicine. He is one of the nation’s foremost experts in hyperbaric medicine. He has served on the faculties of the Johns Hopkins School of Medicine, Tulane University School of Medicine, and LSU Medical School. He also has served as the chief of the Radioisotope Laboratory at the U.S. Naval Hospital in Bethesda, Md. He currently is in private practice in the Tampa Bay, Fla., area.



Chromium: Key to Healthy Aging and Controlling Diabetes

By Vera Tweed

Chromium is one of several essential minerals in multivitamins. Beyond that, we don't usually hear much about it. Yet it holds a key to living a healthy, independent, long life.

"It overcomes insulin resistance, and that's a very important part of the aging process," says Dr. Harry Preuss, professor at Georgetown University, who has studied chromium for several decades.

Insulin resistance, although not well-understood, is a major driver of premature aging, weight gain, diabetes, and heart disease.

As we age, our ability to utilize sugar and starch decreases because our cells become less sensitive to insulin. As a result, levels of blood sugar rise, increasing the risk for diabetes and heart disease. More food is converted to fat instead of being used to generate energy and preserve muscle.

The all-too-common high-starch, high-sugar American diet adds insult to injury.

What Chromium Does

"[Chromium] switches your metabolism," Preuss tells Health Radar. In other words, it helps restore the ability to utilize starches and sugars as energy and to maintain muscle, rather than storing more fat.

It does this by increasing sensitivity to insulin and helping to keep blood sugar at lower, healthier levels — which also

helps prevent Type 2 diabetes.

In one study, Preuss found that on a reduced-calorie diet, people lost the same amount of weight with a placebo or a chromium supplement. But those taking chromium lost mainly fat, whereas placebo takers lost mostly muscle.

Studies have also found that by regulating blood sugar, chromium reduced unhealthy cholesterol. In one study, "bad" LDL cholesterol dropped 14 percent.

How Much Do You Need?

The federal government does not specify how much chromium we need for optimal health. Rather, it has developed an Adequate Intake (AI) guideline, which is an estimate of the amount of chromium the average American consumed in 2001, when it established AI. These amounts are 20 to 25 mcg for adult women and 30 to 35 mcg for adult men.

Diets that are high in sugar and starch, intense exercise, infections, and injuries increase the amount of chromium that is excreted, and reduce levels of the mineral. Pregnant women and the elderly are more likely to be deficient. Antacids, corticosteroids, and heartburn drugs also reduce chromium levels.

Preuss recommends that healthy people of all ages take at least 200 mcg of chromium daily. This amount can help protect against premature aging by improving metabolism, helping to maintain

muscle, and reducing the age-related tendency to gain fat.

Chromium Sources

Our bodies require chromium in trace amounts. Quantities of the mineral are measured in micrograms, or mcg for short (there are 1,000 micrograms in one milligram). In food, it's difficult to identify amounts of chromium because these depend upon the amount of chromium in the soil where plant foods are grown. In meat, levels are influenced by chromium content of animal feed, which varies.

As a rough guide, the government estimates these amounts of chromium in some of the top food sources:

- Broccoli, ½ cup: 11 mcg
- Grape juice, 1 cup: 8 mcg
- 1 whole wheat English muffin: 4 mcg
- Mashed potatoes, 1 cup: 3 mcg
- Dried garlic, 1 teaspoon: 3 mcg
- Dried basil, 1 tablespoon: 2 mcg
- Orange juice, 1 cup: 2 mcg
- Turkey breast, 3 ounces: 2 mcg

Chromium supplements come in different forms. Chromium chloride is poorly absorbed. For good absorption and overall health, Preuss recommends 200 mcg of chromium polynicotinate, chromium picolinate, or chromium histidinate. If you are trying to lose weight, you may want to take up to 600 mcg daily. Be patient, take it consistently, and don't expect an instant result, he cautions, as change takes time. □

Can Fluorescent Dye Pill Replace Mammograms?

Although mammograms can detect lumps when screening for breast cancer, they can't distinguish between which are cancerous (needing further treatment) and which are harmless. As a result, women often undergo painful procedures — such as biopsies and even mastectomies — unnecessarily. In addition, the mammogram itself can be uncomfortable, even painful. Because of that fact, women often skip screenings. Now University of Michigan scientists are developing a pill that contains a fluorescent dye that attaches to cancerous tissue and lights up under a near infra-red light. Researchers hope that combining the fluorescing pill with ultrasound technology will safely and painlessly detect most cancers. Dr. Greg Thurber says that the technique should also be effective for women with dense breast tissue whose mammograms are difficult to read. Additionally, he is designing the fluorescing chemical to specifically seek out aggressive tumors, an approach that could distinguish them from slow-growing cancers such as ductal carcinoma in situ, a noninvasive breast cancer.

10-Minute Saliva Test Can Detect Cancer

California State University scientists are developing a 10-minute test that will detect cancer using only a drop of saliva. The researchers say the test is 100 percent accurate and can even be taken at home. It uses technology called a liquid biopsy and works by detecting DNA from the tumor that circulates in bodily fluids.

Currently, the only way to detect cancer using a blood test is if the patient has already undergone a biopsy and the tumor has been

genetically sequenced, a technique that provides the information necessary to detect cancer. Even though the blood test can track the spread of cancer, it can't be used to detect cancer initially, and it can result in a false positive.

“This new 10-minute cancer detection test has significant advantages, thanks to technology that allows it to be noninvasive,” says Dr. David Samadi at the Dr. David Samadi Prostate Cancer Center. “With any cancer, early detection is key to treatment. If there were an early detection screening test widely available such as this that is noninvasive, cheap, and that is simple enough to be done in one's own home, we can save even more lives than ever before.”

Nonsurgical Procedure Treats Obesity

A minimally invasive procedure normally used in emergencies to stop bleeding in the stomach can reduce levels of a hunger-stimulating hormone called ghrelin. Bariatric artery embolization injects microscopic beads into the bloodstream via a small catheter inserted into the wrist or groin. The beads find their way to the artery, where they block smaller vessels leading to the arteries that supply the blood to the stomach. But one of those arteries — the left gastric artery — delivers blood to the fundus, the part of the stomach that produces ghrelin. Increasing levels of ghrelin make it difficult for people to stick to a diet. Reducing the amount of blood flowing to the fundus appears to reduce the amount of ghrelin produced, thus reducing feelings of hunger. Research showed that people who had the procedure on their left gastric artery lost 8 percent of their body weight within three months, compared to only 1 percent weight loss for those who had a different artery embolized.

Dr. Mubin Syed of Dayton Interventional Radiology in Dayton, Ohio, is testing the left gastric artery embolization in people who have no bleeding problems, but are morbidly obese. Although previous embolizations used the groin for access, Dr. Syed is the first to use the wrist.

“In obese patients, the groin can be difficult to access,” he says. “Our method is also potentially easier for patients, because they won't have to lie flat for long. We're seeing good results so far.” □

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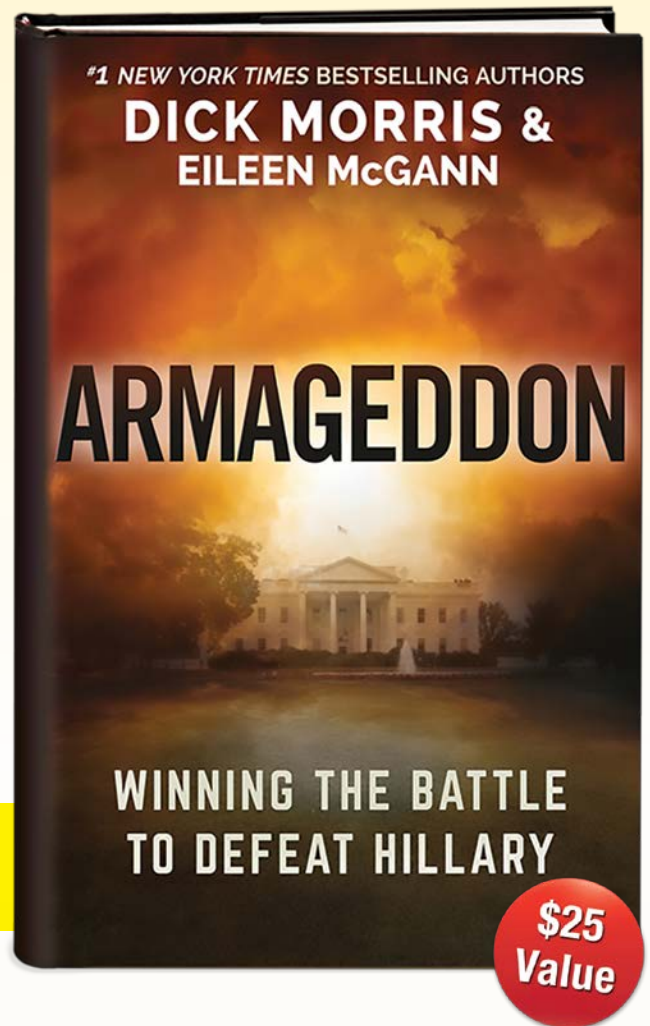
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2016: Win or Else

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- The real key to victory: turn out the base (Obama proved this)
- **Hillary's shameful Anti-Israel policy; America's greatest ally hung out to dry**
- Make Hillary explain THIS; how terrorism flourished on her watch
- **Obama and Hillary: how they are knowingly letting terrorists into America**
- Hillary, Obama, and Kerry – enabling Iran, selling out America



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