

CHOICE CARE

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The news in health this week

The best anti-fungal agents... always good to know stuff.

Ringworm - the best meds seem to be *Lotrimin Ultra* or *Lamisil AT* both over the counter

Try to use the cream or solution - not the spray or powder. The solution works best in hairy areas.

Apply the anti-fungal 1-2 inches beyond the rash in order to get "everything."

Use the medicine for a minimum of 2 weeks - and continue for at least 2 weeks AFTER it looks "clear."

Use oral agents (lamisil for instance) for scalp and nail infections that fail topical agents.

And... if you have heard that Vicks VapoRub or vinegar might help They don't ... so don't go there.

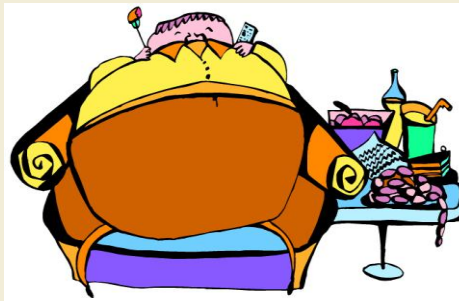
Those Ear Infections (the external ones)

Start with something that is an acidifying agent or *Corticosporin Otic*... but be sure that the ear drum is intact. The *Corticosporin Otic* also has a steroid which can help the pain . The solution causes more burning use the suspension.

As an alternative, try gentamicin or trobramycin. (Hint.. They come as eye drops but they can be used in the ears)

If the drum is perforated, we can try Ciprodex or ofloxacin. The generic cipro (without the steroid) is less expensive.

Antipyrine and bezocaine is best for pain.



Routine cardiac testing is of no benefit in young, otherwise healthy people even when they present to the emergency room with chest pain. Even those with a positive treadmill, were found to have normal angiograms.

STOP EATING .. Or Agree to Surgery

It seems that losing weight either by not eating or by engaging in bariatric surgery results in significant changes in aortic function probably due to reductions in leptin and C-reactive protein. The improvements may also be due to decreases in visceral and subcutaneous fat. It seems that inflammatory agents may stiffen the large arteries. Even the wall of the heart was smaller (the LV mass).

The real story here is that fat cells or adipose tissue is a source of inflammatory mediators that may cause that stiffness. And, it does not matter how those fat cells go away.

Further, we can measure aortic distensibility by MR imaging.

And here's another one ... In the state of Michigan those dying of H1N1 virus were found to be OBESE. So.. Stop eating ... NOW ... there isn't enough Tamiflu in the world to treat all the obese persons we know.



HEALTHCARE REFORM IS HAPPENING NOW WRITE TO CONGRESS

Congress is meeting this summer and they are busily writing legislation that will change the landscape of our healthcare delivery system. Most agree, things must be fixed to make medical care more affordable and more accessible. But, more government control of our healthcare is dangerous to the health of our nation and to the health of every American. It is time, to let Congress know how you feel about preserving the integrity of the patient-doctor relationship and your right to make medical decisions with your doctor without government interference.

What your doctor thinks...

Health care reform is happening now. Experts believe that by the end of the calendar year, If Congress has its way, Americans could be on the way to significant rationing of medical services. While the president promises that you can keep your doctor and your health plan if you want, history has demonstrated that a public plan option would eventually lead to significant limitations in services including your choice of doctor, hospital, drugs, and even your choice of disease management.

In June of this year, after the President presented his thoughts on reform directly to the American Medical Association, we responded by voting to make competitive options that guarantee the legal right for patients to privately contract with their physician [whether they are insured in the private market place or by a government plan (Medicare)] among their highest priorities. This significant move along with the vote to NOT endorse ANY public option shifts the debate away from government control and codifies our belief that the patient-doctor relationship is the core of all of healthcare. Further, it makes clear that America's doctors are NOT willing to allow anyone to interfere with the opportunities to work directly with their patients to establish the most appropriate treatment strategy.

WHAT YOU CAN DO TODAY

You can write to your congress person today. Please be sure to include the talking points below along with your own thoughts. If you want to find the appropriate email address, please go to:

<https://writerep.house.gov/writerep/welcome.shtml> and find the specific email address of your Congress persons and your two state senators. Email your letter to them directly or email your letter to marcy@choicecare.md and I will see that it gets into the hands of all Congresspersons and Senators. **SIGN YOUR LETTER AND INCLUDE YOUR ADDRESS.**

Talking Points

- My healthcare must remain my private business
- The government does NOT belong in any exam room
- The country can't afford trillions of dollars of more debt
- My medical decisions must remain in the hands of my doctor and me
- I want to be able to buy what I need for my life and my health
- I want to own my own insurance
- I want to be able to buy affordable catastrophic insurance
- Health savings accounts work
- No more mandates and regulatory hassles

Obama's Unhealthy Reform

It's hard to know whether Obama's healthcare proposal is naive, hypocritical or simply dishonest.

Robert Samuelson, June 15, 2009,
www.Newsweek.com