

CHOICE CARE

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MARCY ZWELLING:
3771 KATELLA AVENUE
Suite #108
Los Alamitos, California
TELEPHONE
562-596-7584 (W)
562-900-2650 (c) FACSIMILE
562-596-4360

Fill those prescriptions

Listen to your doctor ... it could save your life

It seems that statins (lipitor, crestor, zocor) really do decrease mortality. Taking statins for high cholesterol before you get a heart attack (primary prevention) decreases mortality by as much as 45% if you take your drugs 90% of the time. There was even a mild decrease in mortality if you took the medications 10% of the time. Statins are thought to prevent heart attack and stroke by reducing LDL cholesterol. The drugs have also been shown to decrease risk in those with normal LDL cholesterol by an anti-oxidant effect. There are even studies that show that statins specifically the lipophyllic variety (zocor and lipitor) may decrease the risk of dementia and breast cancer.

The bottom line. Take your medication.

If you are an adult, you may want to think twice before you subject yourself to the HPV vaccine. It turns out, it is really only beneficial to children. Vaccinating women ages 40-44 will only prevent 10% of CIN 2-3 cases. (These are women with abnormal cells that could be an early sign of cancer.) In fact, vaccinating women ages 20-24 prevents only 45% grade 2-3 CIN disease. The vaccine is really only helpful in preteens, starting at age 9-10 up to young teens age 14.

Postmenopausal women might stop their vitamins unless they really like to take them. There is no association between taking a multivitamin and a decreased risk for cardiovascular disease, stroke, cancer, or blood clots. At the same time, many stress supplements may be helpful. It is thought that it is the B vitamins including folic acid may be providing some cardiac protection.



Some more good advice...

HAPPY VALENTINE'S DAY

YUM ... EAT RIGHT.... and think "better"

Remember that Mediterranean diet? Well, it turns out that this diet which emphasizes the predominance of fish, legumes, fruits, vegetables, cereals and unsaturated fats might decrease the progression to Alzheimer's disease.

Over a 4 year period, those with good adherence to this diet diminished their risk of mild impairment by 28%. Those with mild impairment could decrease their risk of Alzheimer's by as much as 48%. The mechanisms are not known but its a good reason to eat broccoli rather than french fries.

The Grand essentials of happiness are:
something to do, something to love, and
something to hope for.

Allan Chalmers