Intelligent Medicine Radio for December 7

written by Dr. Ronald Hoffman | December 9, 2024

Intelligent Medicine Radio for December 7, Part 1: The Tiredest Generation

A healthcare company COO is gunned down—and there could be millions of suspects with a grievance; A simple maneuver can alleviate vertigo; Olive polyphenol found to aid mitochondrial respiration; Gen Z is tiredest generation; Did sickle trait contribute to the death of subway of Jordan Neely? Is screening for sickle trait in athletes a form of discrimination? Daily chores can help women avert cardiovascular events.

Intelligent Medicine Radio for December 7, Part 2: Cholesterol Lowering Guidelines

How appropriate are cholesterol-lowering guidelines? Are Americans really ready for bans on colorful synthetic food dyes? New powerful drugs promise to slash LDL cholesterol—but are they overused? How to stay fit when arthritis limits exercise; The genetics of acute myeloid leukemia; Cattle feed Bovaer promises to curb methane emissions—but critics claim it’s toxic; Carrageenan may prompt insulin resistance, systemic inflammation; Should you really toss that black plastic spatula?

References and Resources

Mitochondrial calcium uptake declines during aging and is directly activated by oleuropein to boost energy metabolism and skeletal muscle performance
Cell Metabolism Available online 26 November 2024

Gen Z are tired
By Lucy Notarantonio, Newsweek November 26, 2024

Super Bowl champ Ryan Clark offers own perspective on Damar Hamlin: 'At 24, I didn't even know I could die'
By Ryab Gaydos, Fox News Jan 3, 2023

Blood doctors call foul on NCAA's screening for sickle cell
By Scott Hensley, NPR January 12, 2012

NCAA's sickle cell screening hints at discrimination
By Yun Xie, aaas.org November 2, 2010

Daily chores may provide cardiovascular protection in women who don't exercise
By Nicole Lou, Medpage Today December 3, 2024

United Healthcare's disturbing track record of rejecting claims as CEO Brian Thompson is shot dead in New York
By Laura Parnaby, Daily Mail.com December 4, 2024

Expert reaction to social media posts about cattle feed additive Bovaer
Science Media Centre December 3, 2024

Evidence is growing that microbes in your mouth contribute to cancer
By Linda Geddes, New Science November 18, 2024

New cholesterol guidelines could drastically reduce statin use for millions
JAMA Intern Med. 2024;184(8):963–970. doi:10.1001/jamainternmed.2024.1302

Carrageenan and insulin resistance in humans: a randomized double-blind cross-over trial
BMC Med **22**, 558 (2024). https://doi.org/10.1186/s12916-024-03771-8

Yes, you really should toss that black plastic spatula
By Samantha Reddy, WSJ November 27, 2024

Silly Rabbit! Original Trix with artificial colors is back after customers revolt
By Annie Gasparro, WSJ September 21, 2017

What is the best-selling cereal in the United States?
https://www.kulicksfrenchtoastrecipes.com/the-19-most-popular-cereals-based-o

n-boxes-sold/
Kulicks French Toast Recipes | Learn How To Make The BEST French Toast

We battled Big Food. Can RFK, Jr succeed where we failed?
By Thomas Farley and Tom Friedan, WSJ Novermber 29, 2024