# 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