ENCORE: Intelligent Medicine Radio for December 28

written by Dr. Ronald Hoffman | December 30, 2024

ENCORE: Intelligent Medicine Radio for December 28, Part 1: “Dead Butt Syndrome”

“Dead butt syndrome”—you probably already have it; Over half of Americans with uncontrolled hypertension are unaware of their condition; Is a smartwatch app for continuous blood pressure monitoring ready for primetime? What are frequent causes of errors in blood pressure measurement? How long can you continue to take Prolia? What’s the likelihood of a colon adenoma turning cancerous? Metformin scores cognitive and anti-aging benefits in monkeys—human trials underway.

ENCORE: Intelligent Medicine Radio for December 28, Part 2: Diagnosing Stomach Pain

Is “Morgellon’s Disease” a figment of the imagination? Are reports of frequent liver problems with popular herbs unfairly alarmist? Diagnosing stomach pain; Harmful micro-organisms can travel hundreds of miles high in the atmosphere; Toxic condoms; Sales of herbal supplements soar—we breakdown the most popular; The three tests for cardiovascular risk that you absolutely need.

References and Resources

Debunking gardening myths: Hold the Coffee
News ScienceVolume 258, Issue 3443, 17 June 2023, Page 44

Sitting all day can cause Dead Butt Syndrome
By Jen Murphy, New York Times September 4, 2024

Denosumab in the treatment of Osteoporosis: 10 years later: a narrative review
Adv Ther. 2022 Jan;39(1):58-74. doi: 10.1007/s12325-021-01936-y. Epub 2021 Nov 11

Over half of adults with uncontrolled hypertension unaware of their condition
JAMA Netw Open. 2024;7(9):e2431997. doi:10.1001/jamanetworkopen.2024.31997

The brain aged more slowly in monkeys given a cheap diabetes drug
Cell, Online now September 12, 2024

What is the TAME Trial
GeroScience. 2018 Dec; 40(5-6): 419–436. Published online 2018 Aug 27. doi: 10.1007/s11357-018-0042-y

Screening for colon cancer
PLoS Computational Biology, Published: February 5, 2020

A new method of continuous blood pressure monitoring using multichannel sensing signals on the wrist
Microsyst Nanoeng **9**, 117 (2023). https://doi.org/10.1038/s41378-023-00590-4

Harbalgram
American Botanical Council, August 9, 2024

Microorganisms can travel long distances in the troposphere
Proceedings of the National Academy of Sciences, 2024; 121 (38)
DOI: 10.1073/pnas.2404191121

US herbal supplements sales rebounded by 4.4% in 2023
By Stephen Daniells, Nutraingredients-usa.com September 16, 2024

Quercetin alleviates the progression of chronic rhinosinusitis without nasal polyps by inhibiting nasal mucosal inflammation and epithelial apoptosis
Molecular Biotechnology. 2024 Sep 6. doi: 10.1007/s12033-024-01269-5. Online ahead of print.

6 popular herbal supplements linked to potential liver risks
JAMA Netw Open. 2024;7(8):e2425822. doi:10.1001/jamanetworkopen.2024.25822

T**rojan condoms contain ‘forever chemicals’ lawsuit claims**
By Jonathan Stempel, Reuters September 10, 2024

Delusional parasitosis
By Mayo Clinic Staff, Mayo Clinic April 9, 2024