Intelligent Medicine Radio for January 4

written by Dr. Ronald Hoffman | January 6, 2025



Intelligent Medicine Radio for January 4, Part 1: Commemorating 38th Year of Intelligent Medicine

Commemorating 38th year of Intelligent Medicine; A pricey prostate drug advertised on football games may extend life for mere months without promise of cure; You dutifully threw out your “toxic” black plastic spatulas—was it faulty math? Air pollution robs marathoners of record times—and may be responsible for deaths of millions; Indian man, declared dead, taken to hospital after awakening on funeral pyre.

Intelligent Medicine Radio for January 4, Part 2: Doctors Fleeing Medicare

Doctors fleeing Medicare—leaving patients stranded; CEO murder heightens scrutiny of United Healthcare’s Medicare Advantage coding shenanigans; Can blood pressure spikes cause strokes? Does a calcium score of 20 call for a statin Rx? Treatments for postural orthostatic tachycardia syndrome (POTS); New “improved” tea bags release millions of plastic microparticles; The surprising trigger of a bout of hives.

References & Resources

For optimal marathon performance, check training plan, gear, nutrition, weather—and air quality
Sports Med (2024). https://doi.org/10.1007/s40279-024-02160-8

Air pollution in India linked to millions of deaths
Institute of Environmental Medicine at Karolinska Institute 12/12/24

Indian man awakes on funeral pyre
AFP November 23, 2024

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Viral study about black plastic spatulas had a big math problem
By Danielle Echeverria, San Francisco Chronicle December 17, 2024

Doctors cut back on seeing Medicare patients as another pay cut loom
By Joyce Frieden, Medpagetoday.com October 4, 2024

UnitedHealth’s army of doctors helped it collect billions more from Medicare
By Christopher Weaver, Anna Wilde Mathews, Tom McGinty, Wall Street Journal
Dec 29, 2024

Commercial yea bags release millions of microplastics, entering human intestinal cells
by Autonomous University of Barcelona, Medicalxpress.com December 20, 2024

Kombucha SCOBY: What it is and how to make one
www.healthline.com