

# 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

**Strive for Plu Victory**

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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**

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