# ENCORE: Intelligent Medicine Radio for January 18

written by Dr. Ronald Hoffman | January 20, 2025

## Part 1: Rethinking Fluoridation

Rethinking fluoridation; Riboflavin improves cognitive performance in older adults; Podiatrists highlight foot problems associated with Crocs; Mom’s pregnancy diet impacts brain size, intelligence of offspring; This year’s flu shot underperforms (why I’m a flu shot agnostic); Are there alternatives to Eloquis?

## Part 2: Curbing Back Pain

The tricky business of boosting vitamin D; New doubts over prospect of extending lifespan to 150; Reduced sitting time found to curb back pain; GSK settles Zantac lawsuits for $2.2 billion; Incorrect arm position may lead to false elevation in blood pressure readings.

## References and Resources

**Implausibility of radical life extension in humans in the twenty-first century**
Nat Aging (2024). https://doi.org/10.1038/s43587-024-00702-3

**Association between vitamin B2 intake and cognitive performance among older**

**adults: a cross-sectional study from NHANES**
*Sci Rep* **14**, 21930 (2024). https://doi.org/10.1038/s41598-024-72949-0

**Riboflavin Deficiency**
StatPearls NCBI Bookshelf, Treasure Island (FL): StatPearls Publishing; 2024 Jan-.

**Lots of kids wear crocs, but are they bad for young feet?**
By Maria Godoy, NPR.org  October 8, 2024

**Diet quality during pregnancy, adolescent brain morphology, and cognitive performance in a population-based cohort**
The American Journal of Clinical Nutrition, Available online 8 October 2024

**High-dose recombinant influenza vaccine: NNT=3000 to prevent one more infection, no impact on hospitalization**
*Am Fam Physician.* 2024;109(4):372

**Vaccines to prevent influenza in healthy adults**
2018 Feb 1;2(2):CD001269. doi: 10.1002/14651858.CD001269.pub6.

**Who should take the flu vaccine**
By Jennifer Robinson, MD, Webmd February 25, 2024

**Most of today's children are unlikely to live to 100**
By Sandee LaMotte, CNN  October 7, 2024

**GSK agrees to settle about 80,000 Zantac lawsuits for up to $2.2 billion**
By Brendan Pierson, Reuters  October 9, 2024

**Reducing daily sitting may prevent back pain**
*BMJ Open*, 2024; 14 (9): e084305 DOI: 10.1136/bmjopen-2024-084305

**Implausibility of radical life extension in humans in the twenty-first century**
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