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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