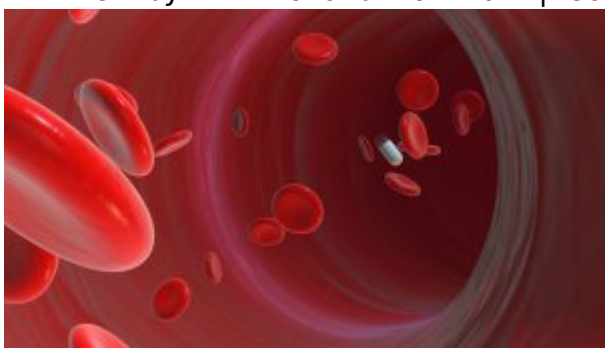
Intelligent Medicine Radio for January 25

written by Dr. Ronald Hoffman | January 27, 2025



Intelligent Medicine Radio for January 25, Part 1: The Best Hedge Against Alzheimer’s

US dementia cases set to double by 2060; Study claims red meat a culprit in cognitive decline—but a close read reveals it’s a lot of baloney; Aerobic exercise is best hedge against Alzheimer’s; Prevagen ordered to drop memory claims; When a blood pressure cuff is too tight, can it throw off readings? An 80-year-old who takes DHEA wants to add pregnenolone; Oregon hospital patient awarded $900,000 after face catches fire during surgery; LA residents may suffer health consequences of pollutants long after wildfires quenched.

Intelligent Medicine Radio for January 25, Part 2: High Fructose Corn Syrup Fuels Tumor Growth

Intermittent fasting with early (9:00-5:00) eating window works best for weight loss, blood sugar control; Beleaguered California Governor Newsom at least gets it right with initiative to curb ultra-processed food, dyes, sugar; Can supplements still be used after their expiration dates? Long-term use of acid-blockers hikes heart risks in women; Quality of patient care threatened by private equity takeovers of hospitals; A tiny camera that you swallow reveals problems lurking deep within the small intestine; High fructose corn syrup fuels tumor growth; RFK Jr. faces congressional grilling next week.

References and Resources

OSHU patient’s face catches fire after surgical staff swabbed his skin with alcohol, $900,000 lawsuit says.
By Aimee Green, The Oregonian

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Wildfire smoke inside homes can create health risks that linger for months
By Colleen E Reid PhD, Clinical Advisor January 10, 2025

United States dementia cases estimated to double by 2060
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Aerobic exercise: A powerful ally in fight against Alzheimer’s
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Long-term intake of red meat in relation to dementia risk and cognitive function in US adults
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Meat consumption, cognitive function and disorders: A systematic review with narrative synthesis and meta-analysis
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By Aneeta Mathur-Ashton, U.S. News January 21, 2025

High-fructose corn syrup fuels tumor growth in animals with cancer, a new study shows
By Pamela Ferdinand, usrtk.org December 11, 2024

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Quality of patient care suffers after private equity acquisition of hospitals
By Sarah A Steimel PhD, Clinical Advisor

INTERMITTENT FASTING is effective for weight loss and improves cardiovascular health in people with obesity problems
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Proton pump inhibitor use and incident cardiovascular disease in older post menopausal women
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Gov Gavin Newsom orders probe of food dyes, targets junk food for stricter rules in California
By Lia Russell, The Sacromento Bee January 3, 2025