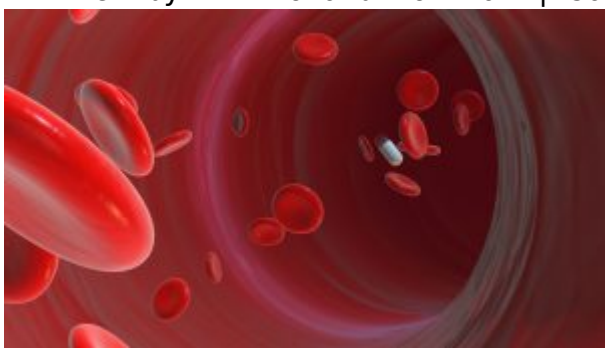
# Intelligent Medicine Radio for January 25

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

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

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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