ENCORE: Intelligent Medicine Radio for February 22

written by Dr. Ronald Hoffman | February 24, 2025



Part 1: Hiccups

High LDL cholesterol doesn’t always translate to arterial plaque; Intractable hiccups—what to do? Do changes of season affect moral judgment? Aging spurts—they’re a thing! The surprising reason dozens were sickened by pizza in Wisconsin; Calming effects of lavender are real.

Part 2: Laughter Therapy

New warning over side effects of weight loss drugs; “Keto” LMNT electrolyte drink found to contain undisclosed amounts of unwanted additive maltodextrin; Vitamin D linked to improved Hodgkin’s lymphoma survival; Do we really need collagen supplements when the body already makes it? How laughter therapy alleviates dry eye syndrome; Difference in blood pressure readings between arms—could it signal danger? Majority of seniors treated in federal health centers show cognitive impairment; Statins vs. natural therapy for cardiovascular prevention.

References and Resources

Effect of lavender essence inhalation on the level of anxiety and blood cortisol in candidates for open-heart surgery
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Aging may happen dramatically in our 40’s and 60’s
By Saimas Iqbal, Scientific American August 27, 2024

Values may shift with the time of year
By Anvita Patwardhan, Scientific American September 20, 2024

Pizza inadvertently infused with THC sickens dozens in Wisconsin
Associated Press October 25, 2024

What are intractable hiccups?
By Minesh Khatri, MD, WebMD May 28, 2023

Association of coronary plaque with low-density lipoprotein cholesterol levels and rates of cardiovascular disease events among symptomatic adults
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Prevalence of unrecognized cognitive impairment in federally qualified health centers
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Difference in blood pressure between arms linked to greater death risk Hypertension Volume 77, Number 2 https://doi.org/10.1161/HYPERTENSIONAHA.120.15997

Risk of nonarteritic anterior ischemic optic neuropathy in patients prescribed semaglutide
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Skeletal muscle health amid growing use of weight loss medications
The Lancet Diabetes & Endocrinology, 2024; 12 (11): 785
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Pretreatment vitamin D deficiency in patients receiving first-line treatment for Hodgkin Lymphoma
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Effect of laughter exercise versus 0.1% sodium hyaluronic acid on ocular surface discomfort in dry eye disease: non-inferiority randomized controlled trial
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LMNT caught up in salty maltodextrin controversy
By Brian Spin, The Barbell Spin ***October 22, 2024***

Short-term consumption of sucralose with, but not without, carbohydrate

impairs neural and metabolic sensitivity to sugar in humans
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