# Intelligent Medicine Radio for April 5: Full Fat Milk

written by Dr. Ronald Hoffman | April 7, 2025



## Intelligent Medicine Radio for April 5, Part 1: Full Fat Milk

Does a new low-cost home screening evaluation for cognitive impairment pass the smell test? It’s never too late to build social networks that prevent dementia; Study yields surprise findings on marriage’s impact on cognitive decline; Senate hearing calls for reinstatement of full-fat milk in school lunches—as science overturns assumption dairy’s saturated fat promotes cardiovascular disease; Top cardiologist explains how novel supplement (Vitality) incorporates 7 key cardioprotective nutraceuticals.

## Intelligent Medicine Radio for April 5, Part 2: Weekend Warriors

Hospital-acquired c. diff infections—how to treat? Comparing ordinary dieting to intermittent fasting—which yields more weight loss? Metals from joint replacements may leak into brain; Why do seniors experience declines in their red blood cell counts? Weekend warriors rejoice—the equivalent amount of exercise crammed into two days equals mortality benefits of daily workouts; How to replenish low iron levels; Young anabolic steroid abusers risk premature heart problems.

# References & Resources

**Metals from joint implants appear to be leaking into CSF**
By John Gever, Medpagetoday.com  March 28, 2025

**Saturated fat in dairy and cardiovascular disease**
The American Journal of Clinical Nutrition, Available online 13 March 2025

**Social activities and cognitive functioning across mid-and late life: Evidence from China**
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**Surprising findings from new research about dementia and marriage**
By Judy George, MedPage Today, March 25, 2025

**The AROMHA brain health test is a remote olfactory assessment to screen for cognitive impairment**
*Sci Rep* **15**, 9290 (2025).

**Association of accelerometer-derived physical activity pattern with the risks of all-cause, cardiovascular disease, and cancer death**
Journal of the American Heart Association  New online https://doi.org/10.1161/JAHA.124.03922

**Hr effect of 4:3 intermittent fasting on weight loss at 12 months: A randomized clinical trial**
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