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
The Gerontologist, Volume 65, Issue 4, April 2025, gnaf014

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
Ann Intern Med. [Epub 1 April 2025]. doi:10.7326/ANNALS-24-01631

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