

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

Iran J Nurs Midwifery Res. 2016 Jul-Aug;21(4):397-401. doi: 10.4103/1735-9066.185582.

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

JAMA Netw Open. 2022;5(2):e2148139. doi:10.1001/jamanetworkopen.2021.48139

Prevalence of unrecognized cognitive impairment in federally qualified health centers

JAMA Netw Open. 2024;7(10):e2440411. doi:10.1001/jamanetworkopen.2024.40411

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

JAMA Ophthalmol. 2024;142(8):732-739. doi:10.1001/jamaophthalmol.2024.2296

Skeletal muscle health amid growing use of weight loss medications

The Lancet Diabetes & Endocrinology, 2024; 12 (11): 785

DOI: 10.1016/S2213-8587(24)00272-9

Pretreatment vitamin D deficiency in patients receiving first-line treatment for Hodgkin Lymphoma

Journal of Clinical

Oncology Volume 37, Number 36 <https://doi.org/10.1200/JCO.19.0098>

Effect of laughter exercise versus 0.1% sodium hyaluronic acid on ocular surface discomfort in dry eye disease: non-inferiority randomized controlled trial

BMJ 2024;386:e080474

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

Cell Metab. 2020 Mar 3;31(3):493-502.e7. doi: 10.1016/j.cmet.2020.01.014.