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Supercharge Your Immune System for a Longer, Healthier Life

By Lynn Allison

Your immune system is a complicated network of cells, tissues, and organs that work in harmony to ward off disease-causing microorganisms. But sometimes the system is out of balance, allowing germs to invade and make you sick. Experts say you can restore harmony to your immune system by fine-tuning what you eat, how you exercise, and how you think.

If you often wonder why some people make it through the winter months unscathed by colds and flu, while others seem to catch every infection that goes around, the secret may lie in how well or how poorly their immune system is functioning.

Dr. David Friedman, an award-winning bestselling author of “Food Sanity: How to Eat in a World of Fads and Fiction,” tells *Health Radar* that what we consume has a direct effect on boosting the immune system.

“To be healthy, you need to eat healthfully,” explains Friedman, who is board certified in integrative medicine. “Every day, billions of cells in the human body die and get replaced with new ones. The building

blocks for every cell in the body comes from the food we consume. Eating healthful food protects the cells from disease and increases our lifespan. Consuming the wrong type of food makes our immune system weaker and we become more prone to disease.”

Friedman says that it’s never too late to rejuvenate your body and supercharge your immune system. “Every 120 days, new blood cells are formed. Every year, the cells of your liver and lungs are renewed. In 10 years, your bones are brand new. In 20 years, you have a new heart. Do you want your organs replaced with the contents of a doughnut or something healthy like an apple, spinach, broccoli, or wild-caught fish? Better food choices boost the immune system by giving the body vital antioxidants, vitamins, minerals, amino acids, and hundreds of phytonutrients,” he explains.

Here are a few of the immune-boosting foods Friedman recommends:

Asparagus

This tasty green stalk is a great source of vitamin K, which aids blood clotting and helps build strong

bones. Asparagus also provides vitamin A for heart health, vitamin C to support the immune system, vitamin E that acts as an antioxidant, and vitamin B6 to prevent heart disease.

Asparagus is also loaded with minerals, including iron, which supports oxygen-carrying red blood cells; copper for energy production; and calcium that improves bone health. Asparagus also increases your energy level, protects your skin from sun damage, and helps with weight loss.

Bell Peppers

Bell peppers are very high in vitamin C; just one provides 170 percent of the recommended daily allowance. Vitamin C helps build up your immune system, which is why many healthcare providers recommend taking it at the first sign of a cough, cold, or flu. Vitamin C from bell peppers helps produce white blood cells — the body's major defense against disease.

Friedman notes that yellow and red peppers have more antioxidants than green peppers.

Sweet Potatoes

These sweet, starchy tubers are helpful for building up the immune system. They are rich in beta-carotene, which helps maintain healthy skin, vision, and organ function. Beta-carotene consumption has also been associated to a decreased risk of lung and breast cancer. Just one large sweet potato contains more than 850 milligrams of potassium, a nutrient that helps relieve muscle spasms and reduces inflammation, says Friedman.

Brussels Sprouts

These low-calorie miniature cabbages are super immune system boosters. They are rich in vitamin B6, vitamin C, vitamin K, vitamin A, folate, iron, and manganese. Their high fiber content also helps support bowel regularity and gut health, says Friedman, who has been featured on the Discovery Channel as well as in *Newsweek* and *Reader's Digest*. Brussels sprouts also contain kaempferol, a powerful antioxidant that may reduce cancer growth, decrease inflammation, and promote a

healthy cardiovascular system. In addition, they help keep blood sugar levels in check, thus reducing the risk of diabetes. Studies have shown that alpha-lipoic acid, another antioxidant in Brussels sprouts, helps protect brain health and has antiaging properties.

Broccoli

One cup of broccoli provides more vitamin C than you need in an entire day, without causing the blood sugar spike that happens with drinking citrus juice. Many health experts consider broccoli to be the healthiest of all the cruciferous vegetables because of its ability to lower the risk of lung, colorectal, breast, bladder, stomach, and prostate cancers. Broccoli is also a good source of vitamin K, which promotes bone health. Several studies have shown that broccoli consumption lowers the risk of cardiovascular disease.

Mushrooms

These delicious fungi are one of the few natural dietary sources of vitamin D, which helps the



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body absorb calcium, promoting bone health. Countless scientific studies have revealed numerous ways that mushrooms can be useful for preventing and treating many health conditions, says Friedman. For example, studies conducted at the University of Florida's Department of Food Science and Human Nutrition found that eating shiitake mushrooms daily improves immunity better than any pharmaceutical drug currently on the market. Thanks to their high fiber, potassium, and vitamin C content, mushrooms are great for cardiovascular health. If you have high cholesterol, eat the stems of shiitake mushrooms, which are a great source of beta-glucans that have been shown to lower blood cholesterol levels.

Basil

This versatile aromatic herb has many health benefits, including its immune-enhancing, antibacterial, and anti-inflammatory properties. Basil is a great remedy for relieving the pain of arthritis. In fact, a government study showed that concentrated basil extract reduced joint swelling by up to 73 percent within only 24 hours, making it just as effective as many drugs that have nasty side effects. The herb may also help prevent cancer and protect organs and tissues from toxins and heavy metals.

"Basil is a natural adaptogen, which means it helps protect our bodies against physical, mental, and emotional stress by strengthening the immune system," says Friedman. "In other words, basil can help the body better handle stress — something we could all use." Friedman

recommends using holy basil, also known as tulsi, which has been called the "elixir of life" and is believed to also boost libido and promote healthy sexual function.

Rosemary

Rosemary is often added to olive oil and fish oil supplements to prevent oxidation, which creates free radicals that have been linked to many chronic diseases, including cancer. "This herb can also stave off bacterial infections," says Friedman, who adds that simply smelling the herb can improve memory.

Rosemary can help prevent beta-amyloid plaques and suppress acetylcholinesterase, two primary causes of Alzheimer's disease. Rosemary helps calm those suffering from chronic anxiety and depression. "In my office, I recommend rosemary to patients who suffer from chronic pain as research suggests that rosemary may be more effective than acetaminophen," says the doctor.

Sage

Sage contains more than 150 distinct polyphenols, which are plant-based antioxidant compounds. Several studies have demonstrated that sage possesses powerful immune-boosting properties. "It's a natural antimicrobial, antidiabetic, anti-allergy, anti-inflammatory herb, and it contains liver and kidney protective agents, as well as possessing beneficial healing effects for skin afflictions," notes Friedman.

Sage is particularly helpful for lowering cholesterol. Drinking a cup of sage tea twice daily may reduce both your total cholesterol and the "bad" LDL

cholesterol while elevating "good" HDL cholesterol.

Sage may help lower blood sugar levels by removing excess free fatty acids in the blood, which in turn improves insulin sensitivity. In 2010, the *British Journal of Nutrition* published research showing that sage tea acts like metformin, a diabetic drug prescribed to manage blood sugar. "Last year, researchers discovered that sage leaf extract can lower blood sugar and improve insulin sensitivity similar to rosiglitazone, another antidiabetes drug," notes Friedman.

Like rosemary, sage may help people suffering from dementia and Alzheimer's as well. Sage has also shown great promise as a treatment for cognitive decline. "But perhaps the greatest medicinal attribute is that preliminary studies demonstrate that sage may help combat colon cancer, liver cancer, cervix cancer, and breast cancer," says Friedman.

Cilantro

Cilantro is an herb that you either love or loathe, says Friedman, who counts himself as a devout fan. "Cilantro contains a hefty amount of immune-boosting vitamins and minerals. It has antiseptic, antifungal, antioxidant, and antibacterial properties as well," he notes. A study published in the *International Journal of Food Microbiology* found that cilantro protects against food poisoning. *Listeria*, a bacterium that causes food poisoning, is completely neutralized after ingesting cilantro. Research has also shown that cilantro is an effective sleep aid and has the same anti-anxiety benefits as the drug Valium. □



Making **YOU** Live Healthier

with Mehmet Oz, M.D. & Michael Roizen, M.D.

Healthy Alternative to Diabetes Drug

Medicine is a science and an art — and both can be messy at times. That’s why it’s important to have long-term studies to back up recommendations for taking supplements and medications. After all, you don’t want to be surprised by side effects that researchers didn’t see coming.

Unfortunately, the potential for unwelcome surprises was brought into sharp focus recently with a study in the journal *Aging Cell* that found metformin — the first-line medication for Type 2 diabetes — “negatively impacts the hypertrophic response to resistance training in healthy older individuals.”

What that means is that the medication interferes with muscle building. And those results were the opposite of what the researchers expected.

Because metformin reduces glucose levels and subsequent inflammation, they thought that people taking it would have an enhanced benefit from doing progressive resistance exercise training. But a 14-week, double-blind study of people 65 and older found that those on placebo gained more muscle mass than those taking metformin.

Exercise — and the resulting increase in muscle mass — is one of the best ways to control glucose levels and dodge diabetes-related complications from depression to heart disease.

This new information is an example of why we put so much emphasis on studies that let you see, down the road, what the long-term effects of a medication or supplement may be. And it’s why we stress getting a second opinion before taking any medication for more than four days, and using lifestyle approaches to prevent, control, and even reverse diabetes.

An Alternative Plan for Controlling Diabetes

So what should you do if you’re taking metformin? First, ask your doctor about alternative medications to manage Type 2 diabetes. Second, make lifestyle changes to effectively avoid or reverse health risks.

Here is a suggested program, the Fab 8+3+1+1, to get you started:

Fab 8 (Daily). High-quality human studies show these practices are beneficial. But get your doctor’s approval first.

- Half a multivitamin with close to the recommended daily allowances twice a day
- Vitamin D2 or D3 to achieve a blood level of 30-80 nanograms/milliliter
- 600 mg calcium citrate with 300 mg magnesium
- 900 mg of DHA omega-3
- Two 81 mg aspirin; one in the morning; one at night, both with a glass of warm water
- Atorvastatin or rosuvastatin
- 200 mg CoQ10
- Lactobacillus or spore form probiotic

Plus 3 (Daily). These are low-risk supplements, but we don’t have enough human data to be positive about their effectiveness.

- 420 mg of purified omega-7
- 1,500 mg NAD+
- 300 mg of avocado-soybean oil extracts (unsaponifiables)

Plus 1+1. These two steps have been shown to benefit you enormously, with zero risk.

- Ditch saturated and trans fats, added sugars and syrups, and any grain that isn’t 100 percent whole, and embrace a Mediterranean-style diet. Large population studies and randomized clinical trials have shown that this can reduce your risk of heart disease, metabolic syndrome, diabetes, certain cancers, depression, and premature aging.
- Practice daily meditation to reduce blood pressure and anxiety, and improve quality of life. We like mindful meditation, but there are many forms that are beneficial. □

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Aortic Valve Breakthrough Eliminates Open-Heart Surgery for Everyone

By Charlotte Libov

Although John Schuller knew his aortic heart valve was failing, he was surprised when his doctor suggested he undergo a new procedure to replace it. “The idea of having anything done to my heart at my age made me a little apprehensive, but I decided to go ahead, and it’s worked out fine.”

At the age of 93, Schuller underwent a minimally invasive procedure called transcatheter aortic valve replacement (TAVR) to replace his heart valve. What’s new is that the procedure is done without the need for open-heart surgery.

“Before TAVR, we wouldn’t have been able to help John. But now severe aortic stenosis is no longer a death sentence, even for the elderly,” Schuller’s cardiologist, Dr. Chauncey Crandall, tells *Health Radar*.

Heart disease is the leading cause of death in the U.S., killing more than 600,000 Americans each year. And more than 5 million are diagnosed each year with heart valve disease, one of the most common forms of which is aortic stenosis. While about 1.5 million Americans suffer from aortic stenosis, approximately 500,000 people within that group suffer from a severe form of the disease, and about 250,000 of those experience symptoms. People with mild-to-moderate aortic stenosis can manage their disease with medication, but the condition is progressive, and

once symptoms such as fatigue, shortness of breath, and fainting appear, patients live on average only about three more years.

Revolutionary Procedure

TAVR was approved by the U.S. Food and Drug Administration in 2012, initially for patients who, like Schuller, were deemed “high risk,” because they were too old or frail to undergo conventional valve replacement that required open-heart surgery. A few years later, the FDA broadened approval for those at moderate risk. Then in August, the agency removed the final barrier, declaring that now even people at low-risk are eligible.

Experts predict that at least three-quarters of patients in need of new aortic valves will get them via TAVR by 2025, and the procedure will replace open-heart valve replacement in the same way that stenting replaced most coronary artery bypass surgeries for heart disease.

“TAVR represents a true revolution in cardiology,” says Crandall, chief of the cardiac transplant program at the Palm Beach Cardiovascular Clinic in Palm Beach Gardens, Fla.

How TAVR Works

In contrast to open-heart surgery, which requires a major incision, placement on a heart-lung machine, and weeks of recovery, TAVR is done by using a catheter (a thin, flexible tube), outfitted with a new heart valve. The catheter is inserted via an

incision in the groin or side of the chest, and is then guided into place. Once in position, the new aortic valve opens and starts working, even though the old, diseased valve remains in place.

The impact that TAVR is expected to have on the cardiology field was seen this past March when doctors presented studies on low-risk patients at the 68th American College of Cardiology Annual Scientific Session in New Orleans. They were interrupted several times by spontaneous applause, and received a standing ovation at the end of their presentation.

With TAVR’s new approval, research will now focus on whether valves should be replaced before the condition becomes severe. “When our only option was open-heart surgery, we used to hold off as long as possible, but we may have been misinterpreting some symptoms of aortic stenosis as normal aging,” says Crandall, author of the *Heart Health Report*.

Even though TAVR is minimally invasive, like other heart procedures it carries a small degree of risk, including acute kidney injury, heart attack, bleeding, need for a permanent pacemaker, and even death. “If you’re told you need a new aortic valve, be sure to get a second opinion — or even a third. Once you are certain, look for an experienced cardiac surgeon or interventional cardiologist at a high-volume hospital or heart center that specializes in treating cardiac valve disease,” Crandall adds. □

Don't Ignore These 8 Early Warning Signs of Disease

Knowledge is power, and early detection is critical for treating and curing most diseases. Putting these two points together — knowing your body and acknowledging subtle changes — may save your life.

Statistics show that one in three people have prediabetes, and 58 million have precancerous skin lesions. While these “pre” conditions do not necessarily mean you will develop a full-blown disease, you should pay attention to signs and symptoms that signal a need for caution.

1. Chest pain. This type of pain can be caused by a number of different factors, ranging from muscle soreness to a heart attack. “People often think that chest pain is the only symptom of a heart attack, but there are many,” Dr. Walter Gaman, M.D., founding partner of Executive Medicine of Texas, tells *Health Radar*. “As a matter of fact, symptoms of a heart attack for women may be very different than for men. But chest pain should always be investigated. Even if you think it’s indigestion, it is better to be safe than sorry. The only way to determine the true cause of chest pain is through a thorough examination by a healthcare provider.”

2. Abdominal pain. “It’s important to differentiate upper abdominal pain from lower,” says Gaman. “The location is key, so be specific when describing your symptoms. A change in bowel habits can be due to food poisoning, but if the symptoms

persist, an investigation may be in order.” The pain may signal a more serious issue such as diverticulitis or Crohn’s disease, says the expert.

3. Sudden weight gain or loss. A rapid, unexplained change in weight may indicate a significant health risk. For instance, hormone deficiencies can lead to weight gain, while weight loss accompanied by increased anxiety and rapid heartbeat could be signs of thyroid malfunction — both easily corrected when diagnosed. Weight loss associated with change of mood and fatigue should be investigated thoroughly, says Gaman. Unintentional weight loss with symptoms of frequent urination, extreme thirst, and blurred vision may indicate diabetes.

4. Skin discoloration. Dr. Steve Fallek, a board-certified plastic surgeon who practices in both New York and New Jersey, tells *Health Radar* that “skin cancers are very subtle in their presentation.” If you notice that a spot has more than one color, irregular borders, is growing, and is located in an area exposed to the sun, have a dermatologist or plastic surgeon evaluate it. Annual skin checkups are recommended so that a physician can track changes.

5. Fatigue or weakness. Gaman, co-author of “Age to Perfection: How to Thrive to 100 Happy, Healthy, and Wise,” advises paying attention to how much screen time you’ve been getting. “The blue light may be interrupting your sleep patterns. Cut out

television, phones, and computers at least two hours before going to bed.” However, if the feeling of fatigue doesn’t go away, you may want to check with your doctor. Suzanne Steinbaum, D.O., director of women’s health at the Heart and Vascular Institute at Lenox Hill Hospital in New York says that could be a sign your heart is struggling to deliver oxygen to the body.

6. Swollen ankles or legs. “We measure swelling by the amount of pitting,” says Gaman. “For example, if you press your fingers into your leg or ankle and an indentation remains, then the swelling is significant enough to have an underlying issue.” It could indicate heart failure, a chronic condition in which the heart pumps blood inefficiently.

7. Nausea and vomiting. While vomiting is our body’s natural defense system to get rid of toxins — think food poisoning — persistent nausea can be a sign of gallbladder disease or other serious illness, says Gaman.

8. Difficulty swallowing. “If you are having difficulty swallowing accompanied by any sign of weakness in the body, seek medical attention immediately,” says Gaman. “It may be a sign of a stroke.” He adds that there are many conditions, such as multiple sclerosis, that can also affect swallowing. “Therefore, any difficulty that is not resolved immediately should be investigated by your healthcare provider,” he concludes. □

Doctor Not Available? Try Seeing the Physician Assistant or Nurse Practitioner

By Fran Kritz

When Fran Lunzer, 62, of Silver Spring, Md., tumbled down cement steps and broke a foot, her primary care doctor referred her to an orthopedist who had no open appointments for 10 days. But the receptionist did offer an earlier appointment with the doctor's physician assistant, who saw her the next day, examined her foot, coordinated X-rays and — seeing a likely break — followed the doctor's protocol by fitting Fran for an air cast.

Ten days later, Lunzer saw both the doctor and the PA. Six weeks after the fall, Lunzer was out of the cast and walking, something that might have taken much longer if she had waited for the initial consult with her doctor.

With a shortage of primary care physicians, as well as a need for more direct patient care and education, many hospitals and doctors' offices are now relying on physician assistants (PAs) and nurse practitioners (NPs), who, while having less training than medical doctors, spend time learning about specific health issues, pass certification tests, and complete continuing education courses regularly. Both types of licenses are regulated by every state.

What PAs and NPs are allowed to do varies from state to state. PAs must always work directly with a doctor, while some states allow NPs to work independently.

As in Lunzer's case, PAs and NPs taking on a bigger role with patients offers seniors and others a chance to get quality care more quickly. For an outpatient visit, it will usually be up to you whether you want to see a PA or NP instead of a physician. Doctors may come to the exam room with one of these professionals both for training and to extend the care the physician gives — such as reviewing medication or upcoming procedures and to be a resource for patients by phone.

In an emergency room, a PA will often come in to find out the reason for your visit and get some basic medical information to relay to the doctor. That can speed up your visit — and your discharge.

“The majority of NPs are prepared in primary care and work as primary care providers,” says Tay Kopanos, DNP, vice president of state government affairs for the American Association of Nurse Practitioners. “NPs must hold both an undergraduate and a graduate degree in nursing, complete classroom and clinical rotations, and pass nationally certified board exams. The traditional path to becoming an NP requires six years of education.”

“PA education and practice emphasize patient education, preventive care, and chronic care management,” says Carrie Munk, director of communications for the American Academy of Physician Assistants. “PA's generalist medical training enables them to provide a wide spectrum of patient care.”

Recent research from the Sidney Kimmel Medical College at Thomas Jefferson University in Philadelphia found that while 20 percent of Americans live in rural areas, only about 9 percent of physicians practice there. But about 17 percent of PAs and 18 percent of NPs practice in rural areas.

PAs and NPs say they understand that patients who are expecting to see a doctor may be a bit anxious. They are happy to explain their training and their role in helping the physician and the patient. “I don't pretend to be a physician,” says Emily Baker, a PA at OhioHealth Doctors Hospital. “So I think building the rapport with a patient is important, communicating, and explaining that we are part of a team, and with the understanding that I can always go to the physician.”

Bruce Jones, D.O., emergency department director at the OhioHealth Doctors Hospital, says that in his role as a physician and physician leader, “we can get overwhelmed with high volume and high [needs]. To see [PAs and NPs] and what they know — they are giving great care, care that I would want my family to get. We come together as a team.”

Adds Jones: “With another set of eyes . . . they pick up things that I might not see or think about. They help me . . . talking to the patients and educating patients and families. They are a critical part of what we do every single day.” □

Latest Advances in Treating Sleep Apnea



Dr. Helene A. Emsellem, M.D., is the director of The Center for Sleep & Wake Disorders in Chevy Chase, Md. She is a clinical professor of neurology at George Washington University and the author of “Snooze...or Lose! 10 ‘No-War’ Ways to Improve Your Teen’s Sleep Habits.” She has been active with the National Sleep Foundation, promoting sleep health to the public, and is a frequently quoted media resource. Her website is www.sleepdoc.com.

Q: How is sleep apnea defined?

A: Obstructive sleep apnea, or OSA, is a potentially serious sleep disorder characterized by intermittent closure of the airway causing breathing to repeatedly stop and start when asleep. This occurs in the pharyngeal region of the throat, behind the base of the tongue, which becomes relaxed just like the other muscles of the body relax during sleep. When the brain recognizes that not enough oxygen is entering the body it tries to correct the situation with a gasp or snort. It’s estimated that 13 percent of adult men and 6 percent of adult women suffer from clinically significant OSA. However, that ratio equalizes after menopause. It’s estimated that 4.5 million people are receiving treatment for OSA, and statistics suggest about 30 million Americans suffer from the disorder.

Q: What are the symptoms and causes of OSA?

A: The main symptoms are loud, disruptive snoring, gasping, daytime sleepiness, or a sense of not being refreshed when you wake up in the morning. OSA does occur with greater frequency in individuals who are overweight and obese, but can also occur regardless of weight. There are anatomical and genetic risk factors that include having a small chin, abnormally large or small neck circumference, and very narrow airways. It’s essential to note that many patients are not aware that they have a problem unless their sleep partner points it out or they listen to themselves by turning on one of the snoring apps on a smartphone.

Q: When should a person seek medical help?

A: When someone notices that they are snoring loudly, gasping, or they have actually seen a stoppage of airflow, this is when to seek help, even if you think there’s nothing wrong. It is extremely frustrating when a bed partner denies the symptoms that are being observed. This can lead to marital discord, not to mention that the partner also loses sleep. Some primary care offices now have the ability to send patients directly for a portable home apnea screening test while others may send you to a sleep specialist for further workup. Note that there is an increased risk of high blood pressure, heart disease, and stroke in people with OSA. It’s also harder to control weight and diabetes when you have apnea, so you must seek medical help if you suspect you have the condition.

Q: What are the treatments for OSA?

A: Obstructive sleep apnea can be treated in various ways, depending on the underlying cause. Continuous positive airway pressure (CPAP) is the gold standard of treatment, and there have been significant advances in the comfort of this equipment in recent years that allow more patients to reap its benefit. There are also dental appliances that pull the lower jaw and base of the tongue forward to increase the volume of the airway. There are an array of body positioning devices to help patients who have positional sleep apnea rest on their side instead of on their backs. An FDA-approved implantable nerve stimulator is now on the market. This device stimulates the tongue to move forward in sync with respiration. It’s also important to manage your weight and stay in good physical condition. When a person has what we call “nonrestorative sleep” due to OSA, the body promotes fat storage and carbohydrate cravings that cause weight gain and make the condition worse. Healthy food choices and a regular and regimented sleep-wake pattern allowing seven to nine hours of sleep is critical. □

Natural Treatments That Help Stop Migraines

Using prescription medications to treat migraine headaches can often be a trial-and-error proposition, as patients try several drugs and even several doses of the drugs in a quest to find at least some relief.

For some people, alternative and complementary therapies such as vitamins, supplements, and relaxation techniques can be effective — sometimes along with prescription drugs — to prevent or treat a migraine. “With new and severe headaches, it is always good to be seen by a physician to rule out worrisome causes,” says Dr. Jacob Teitelbaum, M.D., an internist and pain specialist in Kailua-Kona, Hawaii. “Once that has been done, standard or alternative treatments can be done in combination or sequentially.”

It’s important to review alternative medicine options with your doctor before proceeding on your own, says Dr. Teshamae Monteith, M.D., head of the headache program at the University of Miami Health System. Vitamins and supplements can interact with drugs you are taking and have their own side effects, such as drowsiness and reduced blood pressure. “Your doctor can work with you to see what are likely to be the safest and most effective choices for you,” says Monteith.

Some vitamins may be effective because people have a deficiency of a particular one, and that deficiency may cause the migraine. Ask your doctor if your vitamin

levels should be tested or if you should just try a particular product to see if it works. Here are some options to consider:

Vitamin B2. Taking vitamin B2 may decrease the number of migraines you have simply because some people don’t have enough of it. The recommended dose is 200 mg twice a day, according to Monteith. Be aware that vitamin B2 can turn your urine bright yellow.

Feverfew. This plant extract may work by reducing blood vessel inflammation in the head. Take 50 mg to 100 mg every day, says Monteith, but discuss the supplement with your doctor before you take it because side effects can include bleeding, stomach upset, nervousness, dizziness, headache, insomnia, rash, joint stiffness, and weight gain.

Coenzyme Q10. This supplement has been shown to reduce the frequency of migraines. The dose is 100 mg three times a day, says Monteith. Side effects can include gastrointestinal symptoms and lowered blood pressure.

Magnesium. In people who don’t get enough magnesium naturally, supplementing may reduce the number and intensity of migraines. The dose is 600 mg per day to prevent migraines, says Monteith; side effects can include diarrhea and a decrease in blood pressure.

Melatonin. Poor sleep has been linked to migraines in some people, and melatonin helps promote sleep. The

recommended dose is 3 mg at bedtime, and side effects can include weight loss and drowsiness in the morning.

Ginger. Ginger can help relieve nausea, a common migraine symptom. Try a quarter teaspoon of ginger powder mixed in water, or ginger candy.

Massage. Getting a massage may work by relieving stress, which can be a trigger for migraines. Regular massages may reduce the number or intensity of your migraines.

Acupuncture. This treatment, which can block pain pathways, works for some but not for others.

Nonmedical Strategies

Neurologists at the Mayo Clinic also recommend some nonmedical strategies when a migraine starts to help reduce the pain and other symptoms such as nausea:

Turn off lights. This may help reduce your sensitivity to the glare.

Apply hot or cold compresses to head and neck. The heat or cold can help dull the pain.

Drink a caffeinated beverage. It can help increase the effects of other pain relievers you’re taking.

And to try to prevent migraines, try these strategies:

Good sleep habits. Go to sleep and wake up at the same time seven days a week, and limit naps to half an hour.

Keep a food journal. You may be able to identify foods like spicy foods, chocolate, cheese, or alcohol that trigger a migraine. □

‘Clean’ Your Cells to Live Longer and Avoid Disease

Cells are remarkably efficient machines that generate a boundless flow of energy through a complex series of biochemical reactions that sustain life — spurring reproduction and growth. They know how to adapt and respond to environmental changes that threaten the body’s existence.

But like all productive machines, cells produce waste. After creating the body’s seemingly endless energy, cells leave behind a lot of toxic waste, including excess proteins, toxins, bacteria, and even nutrients the cells don’t need. If that waste is not disposed of properly, serious problems develop. Those problems include diseases. Alzheimer’s is one example: It is associated with an accumulation of runaway proteins. Cancer cells of all types make a lot of abnormal proteins as well. These diseases and others illustrate the crucial need for cellular housecleaning — a process called autophagy.

Autophagy has become the subject of intense study, because scientists believe tweaking it could not only stave off disease but also delay aging. That’s because this method of clearing cell waste becomes sluggish over time, and the buildup of cell waste can kill cells. Autophagy caught the attention of researchers at the Salk Institute for Biological Studies, where they who made an important discovery while examining the relationship between DNA and cells: The cellular cleaning process of autophagy can actually kill off

certain cells — thus preventing cancer growth.

To better understand why, lead report author Dr. Jan Karlseder and his team used human cells to study the autophagy process. Without autophagy, cells that lose safety checkpoints, including tumor-suppressing genes, grow unchecked, resulting in DNA damage and cancer. Karlseder, tells *Health Radar* he was astonished at the results. The autophagy process prevented cells from dividing out of control: “Strengthening the autophagy response could prevent some [abnormal growth of cells] during the earliest stages of cancer development.” His research was published in *Nature* in 2019.

This and other research has prompted a race to find drugs that will stimulate the process. Meanwhile, diet and wellness experts cite research showing that autophagy can be induced naturally. Here are several ways to stimulate the cell-cleaning process:

Resveratrol

One of a group of compounds called polyphenols, resveratrol is an important antioxidant. A study published in 2019 in *OncoTargets and Therapy* showed that “resveratrol can induce autophagy in the treatment of cancer,” beating even tough cancers. And “multidrug resistance of cancer cells can be reversed by resveratrol.”

Fasting

Intermittent fasting has been gaining ground as an important

way to induce autophagy. It’s rooted in a premise that goes back to primal man. The body spurs autophagy during periods of famine, because during fasting, older, damaged proteins and nonessential components are broken down and used to provide the body energy and to regenerate newer proteins.

One popular method for this type of fasting is to eat in an eight-hour window and fast for 16 hours. But the longer the fast, the deeper the burst of autophagy. So, a 20-28 hour fast will help remove even more toxins, the theory goes.

Dieting

A low-carb, high-fat diet helps spur a metabolic state called ketosis. Known as the keto diet, it triggers autophagy, causing a reduction in blood sugar and insulin levels. It’s a win-win — this type of diet also helps reduce weight as the body becomes more efficient at burning fat for energy.

Solid medical evidence points to an imbalance of autophagy — a complex system of cleaning out old, damaged cells, to make way for regenerated, newer, healthier cells — as a primary reason for premature aging.

With that in mind, new research will produce more effective methods to induce autophagy — not just beneficial for weight loss but also to protect the body against illnesses such as cancer, infections, insulin resistance, neurodegenerative diseases, and of course, aging. □

FDA Approvals: HIV, Migraine, Urinary Tract Infection, Anemia

Compiled exclusively by Health Radar, here are the most significant new drugs and medical devices approved by the U.S. Food and Drug Administration.

Descovy for HIV-1 Prevention

The U.S. Food and Drug Administration granted approval to Descovy (emtricitabine 200 mg and tenofovir alafenamide 25 mg) for HIV-1 pre-exposure prophylaxis. Descovy is indicated for at-risk adults and adolescents weighing at least 35 kg and is intended to reduce the risk for HIV-1 infection from sex excluding receptive vaginal sex.

The most commonly reported adverse reaction in HIV-negative individuals taking Descovy was diarrhea. A Boxed Warning on the prescribing information for Descovy indicates that patients with hepatitis B virus (HBV) are at risk for exacerbations of HBV if they discontinue products containing emtricitabine or tenofovir disoproxil fumarate, such as Descovy. Descovy is contraindicated in individuals with unknown or positive HIV-1 status. The drug should only be administered to those who are confirmed HIV-negative before initiating treatment and at least every three months during use.

Reyvow for Acute Migraine

Reyvow (lasmiditan) tablets have been approved for acute treatment of migraine with or without aura. The recommended dosage of Reyvow, a serotonin 5-HT_{1F} receptor agonist, is 50 mg, 100 mg, or 200 mg taken as needed, not exceeding more than one dose in 24 hours. Reyvow is not indicated for preventive treatment of migraine.

Approval was based on data from two randomized, double-blind, placebo-controlled trials that included 3,177 adult patients with a history of migraine with or without aura. A significantly greater proportion of patients taking Reyvow for a migraine attack experienced resolution of pain and their most bothersome migraine symptom two hours after treatment compared with patients taking placebo. The most commonly reported side effects of Reyvow were dizziness, fatigue, paresthesia, and sedation. Reyvow also causes central nervous system

(CNS) depression with dizziness and sedation, and patients should use caution if they take the drug in combination with alcohol or CNS depressants.

Fetroja for Urinary Tract Infections

Antibacterial drug Fetroja (cefiderocol) has been approved to treat patients 18 and older with complicated urinary tract infections (cUTIs). The drug is indicated for patients with limited or no alternative treatment options, including kidney infections caused by susceptible gram-negative microorganisms. Dosage is 2 g every eight hours by intravenous infusion over three hours.

Approval was based on data from 448 patients with cUTI. Symptoms resolved and bacteria were eradicated seven days after treatment completion in 72.6 percent of patients who received Fetroja versus 54.6 percent of patients who received imipenem/cilastatin. The most commonly reported adverse reactions with Fetroja included diarrhea, constipation, nausea, vomiting, elevations in liver tests, rash, infusion site reactions, candidiasis, cough, headache, and hypokalemia. Patients who have had severe hypersensitivity to beta-lactam antibacterial drugs should not take Fetroja.

Reblozyl for Anemia

Reblozyl (luspatercept-aamt) was approved to treat anemia in adults with beta thalassemia who require regular red blood cell transfusions. Reblozyl is the first approved therapy that will help to reduce the number of blood transfusions for this patient population. Reblozyl is administered through a subcutaneous injection with a recommended starting dose of 1 mg/kg once every three weeks.

Researchers found that 21 and 4.5 percent of patients who received Reblozyl and placebo, respectively, achieved at least a 33 percent reduction in transfusions, meaning they needed fewer transfusions over 12 consecutive weeks. Side effects of Reblozyl include headache, bone pain, arthralgia, fatigue, cough, abdominal pain, diarrhea, and dizziness. Patients may also experience hypertension and have an increased risk for blood clots. □

DANCE FOR YOUR HEALTH

Two new studies show that dancing is good for both your body and your brain. The first study, which was published in the *American Journal of Preventive Medicine*, combined results from 11 surveys and found that moderately intense dancing (ballroom, for example) lowered the risk of dying from heart disease. The second study, which was published in *Frontiers in Aging Neuroscience*, found that learning dance steps stimulates an area of the brain that slows aging, and provides physical advantages such as cardio benefits.



SLEEP APNEA INCREASES CANCER RISK

Women who have severe sleep apnea have up to three times higher odds of developing cancer than women who don't have the condition. Sleep apnea is well-known to be linked to heart disease, especially in men. But the latest research, published in the *European Respiratory Journal* found a link between sleep apnea and cancer. "Our results indicate a cancer risk that's elevated two- to threefold among women with pronounced sleep apnea," said researcher Ludger Grote.

ANTIBIOTICS TIED TO COLON CANCER

Even a single course of antibiotics increases the odds of developing colon cancer, say researchers at

Johns Hopkins Kimmel Cancer Center. Researchers investigated anonymous clinical records of more than 11 million patients and found that antibiotics increased the risk of developing colon cancer for a span of at least 10 years by 15 percent. However, exposure to antibiotics lowered the risk for rectal cancer. Researchers speculate that although antibiotics are effective at eliminating bacterial infections, they may allow pathogenic ones to thrive and some of the survivors could be carcinogenic.

DAMAGED SPERM MAY CAUSE MISCARRIAGE

A British study found that the reason for a couple's recurrent miscarriages may be sperm DNA damage. Damaged sperm reduces fertility, and a study comparing couples who had recurrent miscarriages to those who had not found that the amount of sperm DNA damage was twice that of couples who were free of miscarriages. While women often undergo intensive testing to discover the reason for miscarriages, men usually do not.

GUT MICROBIOME: SECRET TO HEALTHY OLD AGE?

The gut is greatly affected by aging, and those changes have been linked to inflammation and increased frailty. British scientists wondered if the makeup of the gut microbiome, with its complex system of microbiota, influenced the strength of the gut immune system. And if true, whether it could be improved. They discovered that fecal transplants from young to old mice rejuvenated the immune system in the gut of aged

mice. "The aged mice processed gut immune responses that were almost indistinguishable from those of younger mice," said Dr. Michelle Linterman of the Babraham Institute. Their study, said the authors, suggests that fecal transplants, probiotics, and diet might be ways to aid healthy aging.

HIGH BLOOD SUGAR INCREASES PANCREATIC CANCER ODDS

Diabetes is a recognized risk factor for pancreatic cancer. A study published in the *Journal of Clinical Endocrinology & Metabolism* has now found that as blood sugar levels rose, the risk of pancreatic cancer also rose significantly, not just among diabetics, but even in those with prediabetes or normal blood sugar levels. Detecting hyperglycemia early might offer a critical opportunity for lowering the rate of pancreatic cancer, one of the deadliest forms of the disease with only a 8 percent five-year survival rate.

OMEGA-3 FATTY ACID MEDS LOWER HIGH TRIGLYCERIDES

Prescription omega-3 fatty acid medications reduce triglycerides by up to 30 percent in people diagnosed with high triglycerides, fats that circulate in the blood and increase the risk of heart attack and stroke. The American Heart Association says that a review of 17 studies on high triglyceride levels found that four grams daily of prescription omega-3 fatty acids safely and effectively lowered triglycerides and could be combined with statin drugs. But experts warned against using non-prescription dietary supplements because they are not regulated by the

FDA, and there is a lack of scientific research to evaluate their effectiveness.

MIGRAINES ASSOCIATED WITH DEMENTIA

A study published in the *Journal of Alzheimer's Disease* found a significant link between migraine diagnoses and dementia in women. Researchers examined the records of 3,727 patients ages of 60 to 80 who were diagnosed with a migraine, and 3,727 patients without a migraine diagnosis and no prior diagnosis of mild mental impairment. During an average 10-year period, there was a significant increase in all-cause dementia and Alzheimer's in patients who suffered from migraines, but the increase was found only in women.

COMMON PLASTICS LINKED TO CHILDHOOD OBESITY

Common chemicals used in plastics and canned foods in place of the endocrine-disrupting chemical BPA (bisphenol A) may be one reason for the epidemic of childhood obesity. Bisphenol S (BPS) and bisphenol F (BPF) are used in plastics, the linings of aluminum-canned food and drinks, and in thermal paper from cash register receipts. A study published in the *Journal of the Endocrine Society* found that children with high levels of the chemicals in their urine were twice as likely to be obese as children with lower levels. "Replacing BPA with similar chemicals does nothing to mitigate the harms chemical exposure has on our health," said researcher Melanie Jacobson.

TART CHERRY JUICE BOOSTS BRAIN

Tart cherries are used to treat gout, insomnia, and by athletes to



help recover from exercise. Now there's evidence that they give the brains of older adults a boost. Researchers at the University of Delaware gave participants either 16 ounces of tart cherry juice a day or a placebo drink for 12 weeks. The volunteers drinking cherry juice reported an increase in the ability to remember things, and a study which measured visual memory and new learning found a 23 percent reduction in errors as well as an 18 percent reduction in errors made during a test that assessed working memory.

MEAT CUTS ANTICANCER BENEFITS OF TOMATO SAUCE

Eating meatballs with tomato sauce could substantially reduce the anticancer benefits of lycopene, a carotenoid found in tomatoes. Researchers at The Ohio State University found that the iron in meatballs decreased the amounts of lycopene in digestive fluid and blood. "We saw almost a twofold drop in lycopene uptake," said researcher Rachel Kopec. Scientists theorize that iron could oxidize the lycopene or interrupt the emulsion of tomato and fats that is essential for cells to absorb lycopene. "It could turn it into a substance like separated salad dressing — oil on top and

vinegar on the bottom — that won't ever mix properly," she said.

DON'T MAKE DECISIONS ON EMPTY STOMACH

You probably already know not to shop for food on an empty stomach, but you may also want to avoid making important decisions on one. Hunger makes people impatient and more likely to settle for a small reward that arrives sooner rather than a larger one promised in the future, even when the reward has nothing to do with food. "We found there was a large effect, people's preference shifted dramatically from long-term to short-term when hungry," said Dr. Benjamin Vincent of the University of Dundee. "This is an aspect of human behavior which could potentially be exploited by marketers, so people need to know their preferences may change when hungry."

INFLAMMATION MAY DRIVE AUTISM

Researchers at Tufts University School of Medicine studied the brains of children with and without autism and found that the brains of those who were autistic had high amounts of IL-18, a protein known to trigger serious inflammation. The increased inflammation occurred in two areas of the brain — the amygdala and the dorsolateral prefrontal cortex, two areas damaged in people with autism. The amygdala is associated with recognizing fear, and the dorsolateral prefrontal cortex is involved with cognitive functioning including working memory and attention. Researchers hope that boosting an anti-inflammatory protein called IL-37 might treat autism by inhibiting inflammation. □

7 Natural Ways to Boost Your Energy & Stop Feeling Tired

If you are sick and tired of feeling tired, you are not alone. According to a National Safety Council survey, almost half of Americans do not get enough sleep to safely perform the duties assigned to them by their employer. In addition, fatigue is a common occurrence in America, where one in five adults say the symptom has interfered with their everyday life, according to the National Institutes of Health (NIH).

“It is the number one health challenge I see in my practice, particularly for women,” says Dr. Holly Phillips, M.D., a board-certified internist with a private practice in New York. Phillips, author of “The Exhaustion Breakthrough,” suffered from chronic fatigue for 20 years until she decided to delve into the cause of her tiredness and regain control of her health and energy.

Chronic stress, lack of sleep, overlapping commitments, long work hours and just the everyday hustle and bustle of life can all contribute to our feelings of fatigue, according to Dr. Jacob Teitelbaum, M.D., author of “From Fatigued to Fantastic,” and a leading authority on chronic fatigue.

“Part of our fatigue comes from the pressures of modern life, including the fact it now takes two salaries to support a household,” he says. “A larger reason is that news media in general seems to be focused on scaring people and putting them at each other’s throats. Many people are in a state of fear and anger because of this.”

Teitelbaum also points out that we are in a “perfect storm” for a personal energy crisis. “Half the vitamins and minerals in our diet are lost in food processing,” he says. “For the first time in history, we are seeing people who are both obese and malnourished at the same time. The average night’s sleep before the invention of the light bulb 140 years ago was nine hours. We are now down to an average of six and three-quarters hours nightly. That’s like a 30 percent energy pay cut for bodies.”

Teitelbaum and Phillips say that you can boost your energy and banish fatigue in a week with simple measures. Phillips calls it the “Seven-day fatigue-beating challenge”:

1. Keep a fatigue diary. Phillips says that before

you learn to manage your exhaustion, you’ll need to identify the triggers that cause it. “One of the best ways to pinpoint your fatigue patterns is to keep a diary and record the rate and quality of your sleep, jot down what you eat and drink, note your physical activities throughout the day, and monitor your stress level.”

2. Sleep solo. For one week, make it a point to sleep alone, uninterrupted for eight hours in a room that’s cool, dark, and quiet. Turn off the computer and television at least a half hour before bedtime and scan the room for any blinking or glowing lights from alarm clocks or DVD timers. Your partner will understand.

3. Eat a clean diet. “That means no processed foods for seven days,” says Phillips. “Consume only foods in their whole recognizable form, such as vegetables, fruits, 100 percent grains, nuts, seeds, beans, legumes, and lean protein.” Limit alcohol and caffeine consumption.

4. Take a multivitamin. Teitelbaum recommends taking a multivitamin that has at least 50 mg of most of the B vitamins, and 150 mg of magnesium, which is required for more than 300 biochemical reactions in the body. When levels are even slightly low, your energy can plummet.

5. Add iron. Phillips says that some people find that boosting their energy is as simple as getting more iron in their diets. “Iron deficiency is one of the most common nutritional deficiencies, and a leading cause of anemia in the United States,” she says. “And the most common symptom of iron deficiency is fatigue.” Iron is found in animal protein and in veggies like kale, spinach, and lentils.

6. Walk for 10 minutes a day. Phillips says that when people swap eating a candy bar for a brisk walk, they have more energy hours later. “The sugary snack will give you an initial boost, but after an hour, this will plummet and you’ll feel more tired and have less energy than when you started.”

7. Make a “to don’t” list. Both experts firmly advocate learning how to delegate or postpone items on your “to do” list. “Cut out the things you don’t enjoy in life and don’t have to do,” says Teitelbaum. □

Keep Your Bladder Healthy as You Get Older

Like the rest of your body parts, your bladder changes as you get older. Bladder tissue can become less flexible, which makes it hold less urine, and that can increase your need to urinate more often.

In addition, both your bladder wall and pelvic floor muscles may weaken as you get older, which can make it harder to empty your bladder fully, and cause urine to leak.

“In men, the prostate can get larger (a condition called benign prostatic hyperplasia) and lead to a blockage of the flow of urine as it empties from the bladder,” says Dr. Rachael Sussman, an assistant professor of urology, obstetrics, and gynecology at the MedStar Georgetown University Hospital in Washington, D.C. “This can lead to a frequent need to urinate, increased urination at night, difficulty starting urination, a weak urinary stream, dribbling at the end of urination, or a feeling that you cannot completely empty the bladder.”

In women, weakening of the pelvic floor muscles lead to leakage of urine with physical activity or when coughing or laughing.

Here are some tips that can help you compensate for changes in your bladder, make you feel more comfortable, and help you avoid bladder-related accidents:

Drink Enough Fluids

Most healthy people should try to drink six to eight, 8-ounce

glasses of water each day. Water rids the kidneys of waste and can help prevent bladder infections.

If you have kidney or heart disease, however, check with your doctor first on the right amount of fluid each day for you, says Sussman.

Avoid Constipation

Because the bladder and intestines are near each other, constipation can affect the bladder and lead to an exacerbation of any type of urinary difficulty, says Sussman.

High-fiber foods such as whole grains and fruits and vegetables, as well as drinking water and physical activity can all help relieve constipation.

Maintain a Healthy Weight

Being overweight can put stress on your bladder. The good news is that you can lose weight by making healthy food choices and getting more physical activity.

Use the Bathroom When Needed, Urinate After Sex

Try to urinate at least every three to four hours. Holding urine in your bladder for too long can weaken your bladder muscles and make a bladder infection more likely. Take enough time to fully empty your bladder when urinating. If urine stays in the bladder too long, it increases the chance of a bladder infection.

Maintain a relaxed position while urinating to make it easier for your bladder to empty.

Women and men should urinate shortly after sex to help flush away bacteria.

Do Pelvic Floor Muscle Exercises

Both men and women can benefit from pelvic floor exercises — also known as Kegel exercises — which can help keep urine in your bladder when you cough, laugh, sneeze, or lift something. The basic instructions are: empty your bladder, sit or lie down, tighten your pelvic floor muscles. Hold tight and count 3 to 5 seconds. Relax the muscles and count 3 to 5 seconds. (Repeat 10 times three times a day.)

Wear Cotton Underwear and Loose-Fitting Clothes

Tight-fitting clothes and nylon underwear can trap moisture and help bacteria grow.

“Most bladder symptoms are bothersome rather than dangerous,” says Dr. Sarah Adelstein, an assistant professor of urology, obstetrics, and gynecology at Rush University Medical Center in Chicago. But don’t hesitate to call your doctor about pain or discomfort. That could be a sign of a urinary tract infection, which generally needs an antibiotic.

“Blood in the urine is a concerning sign and should prompt quick urologic evaluation,” says Adelstein. “In addition, men with urinary symptoms should discuss prostate cancer testing with their doctors, especially if there is a family history.” □

Removing Need for Anti-Rejection Drugs

Transplants are often the only answer for patients with end-stage organ disease, but to prevent transplant rejection, recipients must take medications that suppress the body's immune system. Patients face the risk of serious infections and even cancer, as well as other side effects including extreme fatigue, hypertension, and diabetes. Researchers at the University of Minnesota transplanted clusters of donor islet cells (cells in the pancreas that produce insulin) into monkeys. The animals were also given infusions of white blood cells before and after transplants. The islet cells had been modified to undergo apoptosis (cell death). Despite discontinuing anti-rejection drugs after three weeks, all monkeys showed no signs of rejection a year later. The new technique could significantly increase the number and safety of organ transplants.

Marijuana Fights Pancreatic Cancer

The five-year survival rate for pancreatic cancer is a dismal 8 percent, but in a Harvard University study, 70 percent of deadly tumors in mice disappeared after treatment with flavonoids derived from cannabis. Although the compound, called FBL-03G, comes from cannabis, it isn't psychoactive like THC, and it isn't a cannabinoid like CBD. Anti-inflammatory flavonoids in cannabis were discovered decades ago, but they were present in such small amounts that they were impractical to study. But scientists recently found a way to genetically engineer the flavonoids and decided to study the effects of one of them on pancreatic cancer. The results were shocking. In addition to killing the pancreatic tumors, the drug also amplified the results of traditional radiation therapy and slowed the growth of cancer cells in other parts of the body

(metastasis). Researchers hope a treatment could be ready to test in humans by the end of 2020.

Electromagnetic Waves Reverse Alzheimer's

An in-home treatment using a wearable bioengineered head device that emits electromagnetic waves reversed memory loss in Alzheimer's patients after only two months. Transcranial electroMagnetic Treatment (TEMP) was safe in all patients and enhanced cognitive performance in seven out of eight participating patients. Previously, the device was shown to protect against memory impairment in young mice and reversed memory impairment in aged mice with Alzheimer's. Researchers at the University of South Florida said they have strong evidence that the electromagnetic waves emitted by the device affect the Alzheimer's process by penetrating the brain and brain cells to break up aggregates of amyloid-beta and tau, two proteins associated with Alzheimer's. MRI scans revealed evidence of increased communication in an area of the brain critical for cognitive integration. According to researchers, none of the patients wanted to return the device at the end of the study.

Treating Pulmonary Fibrosis

Idiopathic pulmonary fibrosis (IPF) is a type of lung disease that without treatment kills in three years. Scientists don't know what causes the condition, and while two current treatments can slow its rate of progression, neither can stop or reverse the scarring of the lung that characterizes the disease. Now an animal study published in the journal *Science Translational Medicine* shows that blocking a protein called interleukin-11 (IL-11) with therapeutic antibodies can reverse the disease. Researchers found that the expression of IL-11 was extremely high in people with IPF. In fact, it was the most highly expressed of all genes in lung fibroblasts, a type of cell capable of producing scar tissue. Recent discoveries found that overexpression of IL-11 caused lung fibroblasts to become highly active and destroy lung tissue. Drugs called therapeutic antibodies, which are currently used to help the body fight cancer and infections, were found to bind with IL-11 and neutralize its damaging actions in mice and even reverse fibrosis. □

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Overcome the Sugar Shock

Fix For Fake Foods That Spike Your Blood Sugar

By S.A. Nickerson, Health Correspondent

According to holistic health expert David Brownstein, M.D., blood sugar in the high normal range is now America's #1 health crisis. This is a true epidemic with 79 million adult victims — and growing each year.

Folks most at risk include those who:

- Are in an older age group
- Eat poorly
- Are overweight
- Don't get enough exercise

And whether your doctor has warned you about this problem or not, you could already be a victim. That's because many people with blood sugar imbalance experience NO symptoms whatsoever.

Symptoms May Be Vague or Absent

Even when you do have symptoms of high blood sugar, they may be nonspecific:

- Feeling sluggish after eating
- Craving sugary foods
- Feeling tired during the day
- Irritability or jittery feelings

Sadly, by the time symptoms of high blood sugar appear, you may already have damaged some of your body's systems.

Dr. Brownstein has seen far too many patients struggle with issues related to blood sugar balance.

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"Last year a blood test revealed high glucose. After one month of **GLUCOSE REDUCE**, my glucose level has dropped. I was skeptical but this works!" *P.J.D. — Longmont, CO*

"**GLUCOSE REDUCE** is very good for helping to manage my blood sugar." *Clarence R. — Bronx, NY*

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4. May help manage sugar cravings
5. Promotes healthy metabolism and energy production

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- ▶ **GS4®** — helps manage sugar cravings and supports healthy blood sugar levels and weight maintenance

▶ **Banaba leaf** — helps balance blood sugar and promotes healthy insulin levels

▶ **Bitter melon** — contains bioactive compounds that help regulate metabolism and improve insulin sensitivity

▶ **Fenugreek** — helps lower blood sugar levels and supports optimal blood cholesterol

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