



TheElite Training Group track club

## Expanding the area of what is possible

In Track & Field Distance Running & Competent Self-Care in medicine and psychology

[www.theetgtrackclub.com](http://www.theetgtrackclub.com)

# The Quackery Of "Medicine"

**A major part of TheETG mission** is to expand the area of what is possible in competent self-care in medicine and psychology. TheETG's primary method of achieving that is to proliferate applied science based information by way of \$free packets containing plain language info for anyone seeking to move themselves or others forward in these areas.

As you continue to acquire and apply more information you continue to expand the area of what is possible. Data-less conclusions founded upon faulty assumptions are the mother of all screw-ups. They lead to human belief systems that quickly get set in stone. Put data ahead of dogma. Follow the data -not- the crowd.

### TheETG packets attempt to address the following;

".....the benefits that US health care currently deliver may not outweigh the aggregate health harm it imparts."  
[Journal Of The American Medical Association...Volume 302 #1..July 1, 2009...page 89 - 91]

"Not enough doctors adapt appropriately to new scientific findings.....An insufficient number of medical faculty members are well prepared, effective educators, and too few medical schools prepare their students for a lifetime of learning and change."  
[J.Hilliard,et al. -- The Lancet -- Volume 385 #9969 -- February 21, 2015 -- page 672]

"....takes an average of 17 years to translate 14% of original research into benefit.....average of 9 years for interventions recommended as evidence-based practices to be fully adopted."  
[M.Tinkle, et al -- Dissemination and Implementation -- Nursing Research and Practice -- Volume 2013]

".....1.5 million U.S. residents are harmed or killed each year because of medication errors, according to an Institute of Medicine report."  
[Nature Medicine -- Volume 12 #9 -- September 2006 -- page 984 - 985....News In Brief]

"It is estimated that more than 700,000 individuals are seen in hospital emergency departments for adverse drug events each year in the United States."  
[Centers For Disease Control -- 2015]

"Most drugs are only effective for a small percentage of people who take them."  
[Michael Leavitt -- U.S. Secretary of Health & Human Services 2005 - 2009]

".....A recent study for example, found that only half of all cardiac guidelines are based on scientific evidence."  
[President Barack Obama -- Speech to the American Medical Association -- June 15, 2009]

"All the good things....they don't teach us in medical school, because the drug companies pay for our education."  
[Dr. John Sessions M.D.]

**You may copy** any and all contents of this packet, with exception and exclusion of using such copies for purposes of producing revenue, profit, or any direct or indirect compensation.

".....the benefits that US health care currently deliver **may not outweigh** the aggregate health harm it imparts."

Journal Of The American Medical Association  
Volume 302 #1..July 1, 2009...page 89 - 91

New England Journal Of Medicine.....

“Every spring, U.S. medical schools graduate some students who should not be allowed to become doctors.”

“.....medical schools have a responsibility to patients and the profession.”

S.A.Santen

Kicking the Can Down the Road — When Medical Schools Fail to Self-Regulate  
New England Journal Of Medicine — Volume 381 #24 — December 12, 2019 —  
page 2287

"The existence of a gap between science and practice is universally recognized."

"Clinical research findings and clinical practice guidelines that have promise to improve health move very slowly from the research setting into clinical practice, and **many of these interventions never reach those who could benefit.**"

"It is estimated that it takes **an average of 17 years to translate 14% of original research into benefit for patients** and an average of 9 years for interventions recommended as evidence-based practices to be fully adopted."

M, Tinkle, et al  
Dissemination and Implementation Research Funded by the US National Institutes of Health, 2005–2012  
Nursing Research and Practice...Volume 2013...2013

"How many established standards of medical care **are wrong.**"

"If almost half of these practices are wrong, as empirical studies suggest....."

The Journal of the American Medical Association.....Volume 307 #1....January 04, 2012....page 37 - 38

".....most doctors don't read or understand medical research..."

Richard Smith editor, British Medical Journal.....Volume 326 #14.....June 2003

# Just Say No.....To Traditional Medicine

Practicing medicine --with-- a license, has become the most dangerous form of medicine in the United States. **Our medical schools** have been, and continue to be **in as bad a shape as some of our K-12 public schools**. Traditional medicine today.....is pharmacy and pharmacology, little more and nothing less.

In traditional medicine, identifying and aggressively addressing the mechanisms of disease is --not-- considered to be an objective of medical “treatment”. The definition of the term...“treatment”...is now the diagnosis of a disease followed by the masking of its symptoms by a prescription drug.

At some point in the next few years, all Americans will have to choose between -----  
**health care.....or.....health insurance**

Our country cannot afford both.

Competent “self-care” is.....

--- the way out

--- the way forward

--- and the only way our country will avoid bankruptcy

# Being A Good Medical Patient 101.....

**To be a good medical patient one must -first- be a good consumer.**

**To be a good consumer of health care services one must be willing to.....**

- put fixing a problem ahead of medicating one
- make choices as though the long term outcome of your situation depends on it
- discern between what is known and what -your- doctor knows
- trust evolving data over static a medical degree
- put outcomes ahead of loyalty to your doctor
- put outcomes ahead of loyalty to your doctor's kind demeanor
- put your life ahead of loyalty to your doctor
- put your long term quality of life ahead of loyalty to your doctor
- avoid emotionalizing disease and allowing emotion to make health care choices
- avoid seeking a 2nd opinion from practitioners of the same brand name of medicine that produced the first one
- chose a doctor based on the brand name of medicine practiced rather than a list of names in your insurance network
- put practitioners of integrative medicine, nutrition medicine, or naturopathic medicine ahead of your practitioner of Traditional Medicine

**To be a good track coach one must -first- be a good physiologist.**

**To be a good medical doctor one must -first- be a good physiologist.**

To be a good physiologist one must -first- be willing to.....

- put data ahead of dogma
- put science ahead of tradition
- put fact ahead of desired fiction
- put cell function ahead memorized protocols
- put logic and reason ahead of faulty assumptions
- put underlying mechanisms ahead of "risk factors"
- treat people not tests
- accept outcomes as the judge and jury of your work

In sport and in medicine, faulty assumptions are the mother of all screw ups. Data-less conclusions founded upon faulty assumptions lead to the creating of human belief systems that quickly get set in stone. As people join in and follow the crowd, resistance to change rules the day. New information is shouted down as pride and ego supplant data, logic and reason.

"In God we trust. Everyone else must bring data."

[W.Edwards Deming]

"Refrain from illusions, insist on work and not words, patiently seek divine and scientific truth."

[Maria Mendeleeva]

"Nature to be commanded, must be obeyed."

[Francis Bacon]

## **Critical Thinking.**

It consists of 2 main required actions;

1 --- always think and reason in terms of underlying mechanisms of how things work

2 --- faulty assumptions are the mother of all screw-ups....respond to any assumption [especially your own] with the question, why is that.

# -----The problem in American health care

".....the benefits that US health care currently deliver may not outweigh the aggregate health harm it imparts."

**Journal Of The American Medical Association.....Volume 302 #1...July 1, 2009...page 89 - 91**

"Despite unparalleled financial and human capital investments, the quality, safety, and value of US health care remain suboptimal."

**B.W. Powers, et al....Ending the Cycle of Blame in US Health Care**

**Journal Of The American Medical Association....Volume 312 #20....November 26, 2014 ....page 2091 - 2092**

".....most doctors don't read or understand medical research..."

**Richard Smith editor, British Medical Journal.....Volume 326 #14.....June 2003]**

"How many established standards of medical care are wrong.....If almost half of these practices are wrong, as empirical studies suggest....."

**The Journal of the American Medical Association.....Volume 307 #1.....January 04, 2012.....page 37 - 38**

"The doctors do not always know best and often fail to provide the appropriate care."

**[Consumer Reports On Health...April 2002 -- When Doctors Don't Know Best]**

"The US health care culture still does not support the questioning of physician behavior."

**[Journal Of The American Medical Association...Volume 304 #2...July 14, 2010...page 204-205]**

".....A recent study for example, found that only half of all cardiac guidelines are based on scientific evidence."

**President Barack Obama...Speech to the American Medical Association [June 15, 2009]**

"As long as people will accept crap, it will be financially profitable to dispense it."

**[Dick Cavett]**

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# -----Traditional Medicine = drugs, drugs, and more drugs

"All the good things....they don't teach us in medical school, because the drug companies pay for our education."

**Dr. John Sessions M.D.**

"Most drugs are only effective for a small percentage of people who take them."

**Michael Leavitt [U.S. Secretary of Health & Human Services 2005 - 2009]**

"For every dollar we spend on prescription drugs, we spend a dollar to fix the complication."

**Dr. Mehmet Oz [Professor of Surgery, Columbia University]**

"Conventional medicine.....Its unwavering commitment to the use of pharmaceutical drugs I see as a real problem...."

**Dr Andrew Weil**

"The reason why doctors are using all these statins is because they're told that's the right way to practice medicine.....its not getting through to the doctors that their information is coming from the drug companies."

**[Dr. John Abramson , Lecturer, Harvard University, Consultant U.S. Dept. Of Justice & FBI.....stated on the Dr. Oz Show May 13, 2011]**

"1000 people have to be treated for one year to prevent one death.....it seems wrong-minded to me to treat everyone with a statin"

**Dr Shah Ebrahim [South Asia Network for Chronic Disease, New Delhi, India]**

U.S. Department of Justice [November 4, 2013]-----"Johnson & Johnson will pay more than \$2.2 billion to resolve criminal and civil liability.....payment of kickbacks to physicians and to the nations largest long-term care pharmacy provider."

U.S. Department of Justice [May 7, 2012]-----"Abbott Laboratories Inc. has pleaded guilty and agreed to pay \$1.5 billion to resolve its criminal and civil liability arising from the company's unlawful promotion of the prescription drug.....even after its clinical trials failed....."

U.S. Department of Justice [April 20, 2012]-----".....pharmaceutical company Merck was sentenced by U.S. District Court Judge Patti B. Saris to pay a criminal fine in the amount of \$321,636,000 in connection with its guilty plea related to its promotion and marketing of the painkiller.....Merck entered into a civil settlement agreement under which it will pay \$628,364,000 to resolve additional allegations regarding off-label marketing of Vioxx and false statements about the drug's cardiovascular safety."

"In September 2011...a National Prescription Drug Take-Back Day...in Orange County, Florida alone....more than 1.5 tons of prescription medications were returned."

**WH Shrank....Our bulging medicine cabinets....New England Journal of Medicine....Volume 364 #17.....April 28, 2011.....page 1591**

"And one of the worst forms of bias is that the drug companies will not permit researchers to publish negative results. If the drug doesn't look good, it's not published. It's buried.....the FDA will look through all of these trials, and if two are positive--then they'll usually approve that drug....for these two studies, there may be an additional 10 studies or 15 studies that are negative....But they will not release the negative trials. The FDA will not release the negative trials--because they say it's proprietary. They only release the trials that the company agrees to release. In lots of cases the negative results are hidden; the positive results are published; and the negative results are hidden within the agency that is supposed to be insuring the safety and effectiveness of drugs."

**Marcia Angell [Harvard Medical School...former Editor In Chief of the New England Journal Of Medicine]**

## -----Traditional Medicine, first do -no- harm.....

"In April, the WHO declared that the problem threatens the achievements of modern medicine. A post-antibiotic era in which common infections and minor injuries can kill is a very real possibility for the 21st century."-----".....a report on antibiotic resistance linked to an executive order from President Barack Obama, who directed the National Security Council to work with a governmental task force and a nongovernmental advisory council to develop a national action plan by February 2015."-----".....antibiotics in a market that is currently worth more than \$40 billion annually for drugs that are starting to fail."

**C.Nathan, M.D., et al....Resistance---Problems, Progress, and Prospects.....New England Journal Of Medicine.....volume 371 #19.....November 6, 2014....page 1761 - 1763**

"Infections resistant to medicines will kill more people per year than cancer by 2050, and cost the world \$100 trillion annually, according to a U.K. government-backed report led by Jim O'Neill, the well-known former Goldman Sachs economist."-----"The wide-ranging study, called the Review on Antimicrobial Resistance, was commissioned by the U.K. government earlier this year amid growing concerns about drug-resistant "superbugs", including new strains of E. coli, malaria and tuberculosis."-----"Its forecasts, based on research by RAND Europe and KPMG, suggest that drug resistance, which is estimated to have caused around 700,000 deaths globally this year, will cause 10 million by 2050 if further action is not taken."

**CNBC [December 11, 2014]....Drug resistance deadlier than cancer by 2050: Study....by Catherine Boyle**

"106,000 deaths/year from non-error, adverse effects of medications"

**B. Starfield...Is US Health Really the Best in the World**

**Journal of The American Medical Association.....Volume 284 #4....July 26, 2000....page 483 - 485**

"Hospital Acquired Infections are a significant cause of morbidity and mortality.....about 1 in every 20 inpatients has an infection related to hospital care."

**[United States Department Of Health & Human Services]**

".....1.5 million U.S. residents are harmed or killed each year because of medication errors, according to an Institute of Medicine report."

**Nature Medicine....Volume 12 #9....September 2006.....pg 984 - 985....News In Brief**

"Every week, about 53,000 excess hospitalizations and about 2400 excess deaths occur in the United States among people taking properly prescribed drugs to be healthier. One in every five drugs approved ends up causing serious harm....Prescription drugs are the 4th leading cause of death.....American patients also suffer from about 80 million mild side effects a year.....The further corruption of medical knowledge through company-funded teams that craft the published literature to overstate benefits and understate harms, unmonitored by the FDA, leaves good physicians with corrupted knowledge. Patients are the innocent victims."

**Dr. Donald Light...[Risky Drugs: Why The FDA Cannot Be Trusted**

**University of Medicine and Dentistry of New Jersey...Harvard University Center For Ethics**

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## -----Mental health = drugs, drugs, and more drugs

"The difference between the effect of a placebo and the effect of an anti-depressant is minimal for most people.....People get better when they take the drug, but its not the chemical ingredients in the drug that are making them better, its largely the placebo effect."

**Irving Kirsch [Associate Director Placebo Studies, Harvard Medical School]**

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"The U.S. mental health system is in crisis....according to a federal report."

"The fundamental problem: emphasizing medicating people over fostering ways to help them lead productive lives."

**Associated Press, The Daily Texan [September 17, 2002]**

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"Practice is not reflecting the research. Ninety to 95% of programs have no research base. The gap between what is known and what is being provided in routine care is huge."

**Kimberly Hogwood [New York Office Of Mental Health] Associated Press, The Daily Texan, April 11, 2002**

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## ----- Cancer = pink ribbons, yellow wrist bands, chemo and radiation instead of reading and applying research

"Anything and everything we need to know about cancer, we know it."

**Bharat Aggarwal PhD. [MD Anderson Cancer Center].....Lecture at the University Of Texas at Austin....March 3, 2011**

"How cancer develops is no longer a mystery." ---- "2/3 of all cancers are preventable."---- "Last year more people suffered and died needlessly than ever before."

**Dr. John Seffin [CEO American Cancer Society] National Press Club October 16, 2003**

## ----- Emotionalization of disease = "awareness" and fund raising rather than reversing and curing disease

"Every great cause begins as a movement. Becomes a business. And eventually degenerates into a racket."

**[Eric Hoffer]**

".....too much is spent on awareness campaigns, walks, races, rallies at the expense of research." --- "Breast cancer has made a lot of people very wealthy. The fact is, thousands of people earn a handsome living extending their proverbial pink tin cups, baiting their benefactors with the promise of a cure...." --- "Though breast cancer researchers and advocates perpetually plead for more money, the disease is, in fact, awash in it." --- "All told, an estimated \$6 billion is raised every year in the name of breast cancer. And the money keeps pouring in."

**[Marie Claire, Sept 14, 2011....The Big Business Of Breast Cancer]**

"Any time you see a campaign about 'raising awareness' it probably means next to nothing is actually being accomplished. With regard to some diseases, "raising awareness" has almost become an entire industry. Not only are there charlatans who use it to scam people, there are also a lot of efforts that use up people's time and money and accomplish nothing more than creating a self-sustaining cycle: We have to raise money to raise awareness so we can keep raising money and raising awareness."

**Paul Waldman [The American Prospect, August 12, 2014]**

"I hear too many stories about patients who have used their one shot at getting into a trial on a drug that didn't have enough legs to begin with, and that's a tragedy," says Steve Perrin, an amyotrophic lateral sclerosis (ALS) researcher.....Perrin argues that positive results seen in previous mouse trials were spurious, probably resulting from poorly conducted studies.....Irreproducible preclinical results can lead to a massive waste of time and money in clinical trials."

**Erika Check Hayden [Nature, March 26, 2014]**

**Retrospective of more than 100 failed drugs show many should have never made it to clinical trials]**

"The Susan G. Komen for the Cure charity defines its mission as finding a cure for breast cancer.....it has cut by nearly half the proportion of fund-raising dollars it spends on grants to scientists....." --- ".....it has not kept pace with the surge in donations Komen has received, a Reuters analysis of the group's financial statements shows." --- "What they're best at is awareness, which you could also call publicity," she said. "Getting out the word that breast cancer exists is what they excel at - that and raising money. But if your mantra is 'end breast cancer,' screening isn't going to do it."

**Sharon Begley, Janet Roberts [Reuters, February 8 2012]**

".....Komen is part of a larger breast cancer culture that emphasizes optics over integrity, crass commercialism and the infantilization of the female experience into something fashionable, cheerful or sexy."

**[by Gale Sulik, The Emperor Has No Clothes, KomenWatch.....February 20, 2012]**

"....we estimated that breast cancer was overdiagnosed [i.e., tumors were detected on screening that would never have led to clinical symptoms] in 1.3 million U.S. women in the past 30 years."-----"We estimated that in 2008, breast cancer was overdiagnosed in more than 70,000 women; this accounted for 31% of all breast cancers diagnosed."

**[A.Bleyer, et al.....Effect of Three Decades of Screening Mammography on Breast-Cancer Incidence.....New England Journal of Medicine.....Volume 367 #21....November 22, 2012....page 1998 - 2005]**

friend or foe.....

## U.S. Food & Drug Administration [FDA]

"When the FDA finds significant departures from good clinical practice, those findings are seldom reflected in the peer-reviewed literature, even when there is evidence of data fabrication or other forms of research misconduct."

"57 published clinical trials were identified for which an FDA inspection of a trial site had found significant evidence of 1 or more of the following problems:

- falsification or submission of false information, 39%;
- problems with adverse events reporting, 25%;
- protocol violations, 74%;
- inadequate or inaccurate recordkeeping, 61%;
- failure to protect the safety of patients and/or issues with oversight or informed consent, 53%;
- and violations not otherwise categorized, 35%.

"No corrections, retractions, expressions of concern, or other comments acknowledging the key issues identified by the inspection were subsequently published."

C.Seife  
Research Misconduct Identified by the US Food and Drug Administration  
JAMA Internal Medicine....February 9, 2015

"For more than a decade, the FDA has shown a pattern of burying the details of misconduct."

"The FDA has repeatedly hidden evidence of scientific fraud not just from the public, but also from its most trusted scientific advisers, even as they were deciding whether or not a new drug should be allowed on the market."

"My students and I looked at FDA documents relating to roughly 600 clinical trials in which one of the researchers running the trial failed an FDA inspection. In only roughly 100 cases were we able to figure out which study, which drug, and which pharmaceutical company were involved. For the other 500, the FDA was successfully able to shield the drugmaker (and the study sponsor) from public exposure."

by Charles Seife  
Are Your Medications Safe  
Slate....February 9, 2015

"And one of the worst forms of bias is that the drug companies will not permit researchers to publish negative results. If the drug doesn't look good, **it's not published**. It's buried....the FDA will look through all of these trials, and if two are positive--then they'll usually approve that drug....for these two studies, there may be an additional 10 studies or 15 studies that are negative....But they will not release the negative trials.

**The FDA will not release the negative trials**--because they say it's proprietary. They only release the trials that the company agrees to release. In lots of cases the **negative results are hidden**; the positive results are published; and the negative results are hidden within the agency that is supposed to be insuring the safety and effectiveness of drugs."

Marcia Angell [Harvard Medical School...former Editor In Chief of the New England Journal Of Medicine]

# The quackery of traditional medicine. Another example of what that looks like. First, do -no- harm.....

## Problems with Bisphosphonates

[prescription drugs reclast, boniva, fosomax, etc].....

--- sclerostin produced by osteocytes...stops the production of new bone by osteoblasts

--- prescription osteoporosis drugs increase sclerostin, can inhibit --new-- bone production

"Sclerostin is a circulating inhibitor of the Wnt-signaling pathway produced by osteocytes, which acts as a negative regulator of bone formation. Effects of zoledronic acid on sclerostin serum levels in postmenopausal osteoporosis...."

"The purpose of this study was to evaluate sclerostin serum levels after zoledronic acid administration and correlate variations with bone turnover markers."

"We conducted a prospective intervention study in an ambulatory care setting."

"Forty women with postmenopausal osteoporosis were enrolled in this study and randomized into 2 groups to receive zoledronic acid (5 mg) or placebo."

"Sclerostin serum levels increased by day 2, reached a peak at day 7, and then decreased at day 30 and returned near to baseline after 360 days in the zoledronic acid group. Both CTX and BSAP were reduced, and a significant negative correlation was observed between the percentage changes of sclerostin and the variation in BSAP and CTX at all time points in the zoledronic acid group. No changes were observed in the placebo group."

"Our data demonstrate that zoledronic acid increases sclerostin serum levels....."

A. Catalano, et al,

Zoledronic Acid Acutely Increases Sclerostin Serum Levels in Women with Postmenopausal Osteoporosis."

The Journal of Clinical Endocrinology & Metabolism.....Volume 98 #5.....May 1, 2013.....page 4039.

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"The benefits coming from long-term treatment of postmenopausal osteoporosis with bisphosphonates are limited by a coupled decrease in bone formation."

"The objective of this study is to determine whether this decrease in bone formation is associated with changes in serum levels of the WNT signaling antagonist sclerostin or Dickkopf-1."

"We analyzed 107 patients....."

given either monthly intramuscular neridronate (12.5, 25 or 50 mg) or placebo. Serum C-terminal telopeptide of type I collagen (sCTX, a bone-resorption marker) decreased by 61%, 75% and 73% in the 12.5, 25 and 50 mg dose groups, respectively. Mean changes in bone alkaline phosphatase (bAP) at 12 months were -47%, -60.0% and -52.6% in the groups receiving 12.5, 25 or 50 mg neridronate, respectively. Serum DKK1 remained unchanged at all time points in the 3 groups.

"Serum sclerostin increased versus placebo group gradually and significantly....."

"Changes in serum sclerostin at 12 months were negatively correlated with changes in bAP even when data were adjusted for sCTX changes and only treated patients were included."

"In conclusion, decreased bone formation after several months of bisphosphonate therapy is associated with increased serum levels of sclerostin."

D.Gatti, et al

Bisphosphonate treatment of postmenopausal osteoporosis is associated with a dose dependent increase in serum sclerostin.

Bone....Volume 50 #3....March 2012...page 739 - 742

The **drug culture that traditional medicine** has now become.....

--- Around 45% of Americans have at least 1 prescription drug.

--- 1 in 6 of Americans have at least 3 prescription drugs.

--- The average American over the age of 65 has 3 - 6 prescription drugs.

--- Each year about --98,000-- Americans die from taking the recommended dosage of their prescribed medication.

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"This building is on very shaky ground. Would I condemn it? No, but I would tell people, 'You go in at your own risk'"

[Dr. Catherine DeAngelis, editor.....Journal Of The American Medical Association]

"Dr. Jerry Avorn, a Harvard Medical School expert who wrote a book on the drug industry, says recent revelations about the FDA suggest "a culture of denial" about dangerous side effects, especially once a drug is on the market."

[U.S. Drug Safety System Shaky, Some Experts Say....by Jeff Donn...The Associated Press]

# 80,000 dead Americans

## each year

"Hospital Acquired Infections are a significant cause of morbidity and mortality. At any given time, about 1 in every 20 inpatients has an infection related to hospital care."

[United States Department Of Health & Human Services]

About 80,000 Americans die each year from infections acquired at hospital or post-surgery outpatient setting. Don't become a statistic.

### **Help friends and relatives avoid becoming a statistic.....**

--- Pre-surgery objective = elevate immune system function, your life may depend on it [especially in the elderly]

--- Pre-surgery objective = supply large array of nutrients to reverse hidden deficiencies that may endanger your life

--- Post surgery objective = let -no- one touch you without having seen them wash their hands or wipe them on something first. Your life may depend on taking that seriously.

--- Post-surgery objective = supply large array of nutrients to feed surgical wound healing and immune system function

# Traditional medicine's quackery

[another example of what that looks like].....

The main studies practitioners of traditional medicine base their use of Lipitor for stroke patients.....

P. Amarenco, et al

High-dose atorvastatin after stroke or transient ischemic hepatic

New England Journal of Medicine..... Volume 355..... August 10, 2006..... page 549 - 559

--- the study was funded by Pfizer..... owner of Lipitor

--- the lead researcher of the study received "consulting fees" from Pfizer, AstraZeneca, Novartis

The study.....

--- 4731 patients who had a stroke

--- 80 mg of atorvastatin [Lipitor] per day..... versus..... placebo

--- patients were followed for 5 years

--- Lipitor..... 11% had a stroke

--- placebo..... 13% had a stroke

--- 5-year reduction in risk of stroke = 2%

--- Lipitor..... 55 patients had a hemorrhagic stroke

--- placebo..... 33 patients had a hemorrhagic stroke

--- Lipitor increased incidence of hemorrhagic stroke

death rate from any cause [not limited to strokes]

--- Lipitor = 216 deaths

--- placebo = 211 deaths

--- risk of death from any cause was lower in the placebo group

--- 5-year reduction in risk of heart attack by taking Lipitor = 3%

blood test showing increase in liver enzymes indicates liver being damaged

--- elevated liver enzyme values, more common in patients taking Lipitor

--- liver injuries occurred 5 times more frequently with Lipitor than placebo.

The take home message from this and other statin drug studies.....

--- Lipitor may reduce risk of stroke by 2%

--- it may increase risk of hemorrhagic stroke [hemorrhagic stroke = bleeding in the brain]

--- may damage the liver

## Study on Prava-statin and stroke.....

H.D. White, et al

Pravastatin Therapy and the Risk of Stroke

New England Journal of Medicine..... Volume 343..... August 3, 2000..... page 317 - 326

--- Pravastatin..... versus..... placebo

--- 9014 patients

--- followed for 6 years

--- 373 patients had a stroke

--- risk of stroke while taking placebo = 4%

--- risk of stroke while taking Pravastatin = 3%

## **Statin drugs = Lipitor, Crestor, Pravastin, etc, etc.**

- Lipitor approved in 1996
- The top selling pharmaceutical in the world
- 25 million Americans take statin drugs to lower cholesterol

One of the main studies practitioners of Traditional Medicine rely upon to justify continued reliance upon statin drugs.....

M.R. Law, et al

Quantifying effect of statins on low density lipoprotein cholesterol, ischaemic heart disease, and stroke: systematic review and meta-analysis  
British Medical Journal.....Volume 326 #7404.....June 28, 2003.....page 1423

A study that did an analysis of a collection of 58 studies.

Results of that analysis.....

- risk of heart attack reduced by 10% in the first year of treatment
- risk of heart attack reduced by 25% in the 2nd year of treatment
- risk of heart attack reduced by 30% in years 3 through 5
- risk of heart attack reduced by 35% in years past 5 years of treatment

The take home message.....

- if you take it everyday for more than half-a-decade,  
your best result will be a 35% reduction in risk of heart attack

"As long as people will accept crap, it will be financially profitable to dispense it."  
[Dick Cavett]

"All the good things....they don't teach us in medical school, because the drug companies pay for our education."  
[Dr. John Sessions M.D.]

"For every dollar we spend on prescription drugs, we spend a dollar to fix the complication."  
Dr. Mehmet Oz [Professor of Surgery, Columbia University]

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### **Follow the money.**

**Using Lipitor, the top selling drug in the world as an example.....**

J.C. LaRosa JC, et al

Intensive lipid lowering with atorvastatin in patients with stable coronary disease.

New England Journal Of Medicine....Volume 352 #14 .....April 7, 2005....page 425 - 435

the study --- funded by Lipitor's manufacturer, Pfizer

- 5,000 people with coronary heart disease received high dose Lipitor daily = 80-mg
- 5,000 people with coronary heart disease received low dose Lipitor daily = 10-mg

After 5-years.....

- people on high dose Lipitor = 8% experienced heart attack or stroke
- people on low dose Lipitor = 10% experienced heart attack or stroke
- 2% difference

Follow the money.....

- high dose lipitor costs about \$35 a month more than low dose
- times about 5 million people
- net gain for Pfizer = \$2 billion for the 2% greater reduction in heart attacks and strokes

dentistry.....

"Documenting **the gap between what is occurring in clinical practice and what published research** findings suggest should be happening is an important step toward improving care. The authors conducted a study to quantify the concordance between clinical practice and published evidence....."

"The authors limited analyses to participants in the United States.....591."

"Dentists reported a medium-range concordance between practice and published evidence."

**"Efforts to bring research findings into routine practice are needed...."**

W.E. Norton, et al

Concordance between clinical practice and published evidence

Findings from The National Dental Practice-Based Research Network

Journal Of The American Dental Association.....Volume 145 #1, January 2014.....page 22 - 31

My FDA warning of the week.....

On December 19, 2017, FDA announced that it is requiring a new class warning and other safety measures for all gadolinium-based **contrast agents for magnetic resonance imaging (or MRI) concerning gadolinium remaining in patients' bodies, including the brain, for months to years** after receiving these drugs."

.....after review and consultation with the Medical Imaging Drugs Advisory Committee, we are requiring several actions to alert health care professionals and patients about gadolinium retention after an MRI using a gadolinium-based contrast agent. These include requiring a patient Medication Guide that every patient will be asked to read before receiving a gadolinium-based contrast agent. We are also requiring manufacturers of gadolinium-based contrast agents to conduct human and animal studies to further assess the safety of these agents."

"Gadolinium-based contrast agents are used with MRIs and contain gadolinium, a heavy metal. They are injected into a vein to improve visualization of internal organs, blood vessels, and tissues during an MRI."

## So called "performance enhancing drugs" are prescription drugs.

### Some examples of the effectiveness of prescription drugs in sport.....

"The drug erythropoietin, often called EPO.....a new systemic review of existing research reveals that **there is no scientific evidence that it does enhance performance**, but there is evidence that using it in sport could place a user's health and life at risk."  
EPO [erythropoietin] doping in elite cycling: No evidence of benefit, but risk of harm  
Science Daily.....December 5, 2012.

"...**there is no scientific basis from which to conclude that rHuEPO has performance-enhancing properties** in elite cyclists." "The use of rHuEPO in cycling is rife but scientifically unsupported by evidence, and its use in sports is medical malpractice."  
J.A.Heuberger, et al  
Erythropoietin doping in cycling: lack of evidence for efficacy and a negative risk-benefit.  
British Journal Of Clinical Pharmacology.....Volume 75 #6.....June 2013...page 1406

"The **over-exaggeration of the effects of growth hormone** in muscle building is effectively promoting its abuse...."  
"....there is the question of disinformation on rhGH....Part of this problem may, paradoxically, derive from the anti-doping authorities themselves. By ignoring the evidence the **rhGH does not work** in normal healthy subjects, the athletic establishment could be accused of effectively promoting its use."  
"**We must tell athletes the truth: growth hormone does not 'work'** or at least not as they think it does and that its is associated with all kinds of immediate and long term hazards-----everything from decreased performance to cancer."  
"....none of us scientists, doctors, coaches, or sports bodies should continue to suggest that this dangerous doping practice works."  
M.J. Rennie  
British Journal Of Sports Medicine.....Volume 37 #2....April 2003....pages 100-103

"**Testosterone prohormones** such as androstenedione, androstenediol, and dehydroepiandrosterone (DHEA) have been heavily marketed as testosterone-enhancing and muscle-building nutritional supplements for the past decade."  
"Contrary to marketing claims, research to date indicates that the use of prohormone nutritional supplements (DHEA, androstenedione, androstenediol, and other steroid hormone supplements) **does not produce either anabolic or ergogenic** effects in men. Moreover, the use of prohormone nutritional supplements may raise the risk for negative health consequences."  
G.A.Brown, et al  
Testosterone Prohormone Supplements.  
Medicine & Science in Sports & Exercise.....Volume 38 #8....August 2006.....pg 1367-1537

## So called "performance enhancing drugs" are prescription drugs.

### Some examples of the effectiveness of prescription drugs in American medicine & health care.....

"Most drugs are only effective **for a small percentage** of people who take them."  
Michael Leavitt [U.S. Secretary of Health & Human Services 2005 - 2009]

".....the benefits that US health care currently deliver **may not outweigh the aggregate health harm** it imparts."  
Journal Of The American Medical Association...Volume 302 #1..July 1, 2009...page 89 - 91

"It is estimated that more than 700,000 individuals are seen in hospital emergency departments for adverse drug events each year in the United States."  
[Centers For Disease Control.....2015]

"106,000 deaths/year **from non-error**, adverse effects of medications"  
B. Starfield  
Is US Health Really the Best in the World  
Journal of The American Medical Association.....Volume 284 #4....July 26, 2000....page 483 - 485

".....1.5 million U.S. residents are harmed or killed each year because of medication errors, according to an Institute of Medicine report."  
Nature Medicine....Volume 12 #9.....September 2006.....pg 984 - 985.....News In Brief

**Pursue becoming a**

**Master Of  
Sport**