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Monologue

Dr. Wallach starts the show discussing heart disease. Contending that cholesterol does not cause heart disease but rather inflammation is the cause to heart disease. Asserting that statin drugs to lower blood cholesterol levels has now been linked to memory loss. Something Dr. Wallach has been saying for dozens of years. In fact the FDA recently added memory loss to the warning label of side effects on all statins.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss a news article on dementias. A recent study done a t Johns Hopkins University School of Medicine has found a link between memory loss and cognition to the size of the hippocampus. The smaller the hippocampus the more memory loss and cognitive decline. In fact reasearchers have found that the size can be increased by moderate exercise, mental stimulation, meditation and treatment for cardiovascular disease and depression.

Callers

- Kelly has a friend whose doctor wants to cut off her foot due to vascular and heart disease.
- Claudia has two questions the first concerns a friend diagnosed with hypertrophic cardiomyopathy. Second she has another friend diagnosed with pancreatic cancer.
- LeAnn was recently diagnosed with Felty's syndrome sometimes associated with rheumatoid arthritis.
- Scott has a dog diagnosed with lupus.

Call Dr. Wallach's live radio program weekdays from noon until 1pm pacific time at 831-685-1080 or toll free at 888-379-2552.