{enclose http://dev.ksco.got.net/podcasts/20130123_DDDL.mp3 9508232 audio/mpeg}

Monologue

Dr. Wallach starts the show citing several previous studies on joint surgeries. These studies found that many commonly performed surgeries do not work in the long run. Some knee surgeries have been found to be unwarranted as well as surgery of the lower back for sciatica.

Pearls of Wisdom

Doug Winfrey and Dr. Wallach discuss two news articles regarding research studies on acid reflux drugs. Both stories published by the same news agency on the same day seem to partially contridict one another. The first was a statement from the FDA regarding possible changes to the warning labels of both prescription and over-the-counter acid reflux drugs. The label change was to warn of links to fractures of the hip, wrist and spine when taking the drugs for a year or more. The later story recanted a link to fractures associated with the over-the-counter acid reflux drugs. However the FDA did acknowledge that people taking these drugs for prolonged periods of time or those exceeding the recommended dosages may still be at risk of fractures.

Callers

- Tad has several health challenges including RLS (restless leg syndrome), chronic muscle pain and fatigue.
- Irvin has a friend diagnosed with pancytopenia (shortage of both red and white blood

cells).

- Pamela has adult ADHD and severe tendonitits.
- Frankie has a four year old son with chronic ear infections.

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.