



## CLINICAL STUDY CENTER

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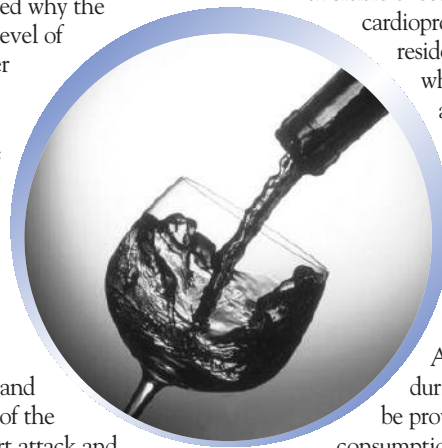
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## Red Wine and Heart Disease

By Melvin J. Tonkon, M.D.,  
F.A.C.C., F.A.C.P.

Recent studies in the United States and Europe have confirmed the so-called "French Paradox" and the incidence of coronary artery disease.

Epidemiologists long wondered why the French with a much higher level of serum cholesterol had a lower incidence of coronary artery disease in comparison to other western countries. The paradox has been explained by the increased consumption of red wine in France. Red wine, as well as tea, some fruits, vegetables, and grape juice, contain flavonoids, substances that inhibit blood clot formation and reduce the risk of hardening of the arteries that may lead to heart attack and stroke. Studies by Dr. John Folts at the University of Wisconsin conclude that flavonoids in red wine have stronger antiplatelet and antioxidant properties than in other alcoholic beverages. Similar properties are found in grape juice, but not in orange or grapefruit juice.



Although the cardioprotective effects of most alcoholic beverages are probably due to an elevation of high density lipoprotein as well as the ability of alcohol to prevent platelet aggregation and increased blood clotting, there is an increased favorable effect of red wine. The unique

cardioprotective properties of red wine reside in the action of flavonoids which are absent in white wine and sparse in beer. Flavonoids confer the antioxidant properties and fibrinolytic or clot-busting properties to red wine. Grape juice has about half the amount of flavonoids by volume as does red wine.

According to scientific results during the last decade, it seems to be proven that moderate consumption of red wine, two glasses per day for healthy men and 1 - 2 glasses a day for healthy women, cannot be criticized medically nor socially, and have a beneficial effect in reducing coronary heart diseases.

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The information it contains is general in nature and should not be applied to self-diagnosis or treatments for any medical condition. Anyone who has, or suspects, a medical problem should consult a qualified physician. Please contact our office if you wish to be removed from our mailing list.



David D. Michie, PhD  
President

# Scope

Clinical Study Center

# Health

Winter 2005

## Didn't get a flu shot this year?

Every year, more than 200,000 people are hospitalized with flu complications and 36,000 die from the flu. If you're especially at-risk, make sure to get your flu shot. If you're healthy, practice good health habits to stay flu-free this season.

Anyone can get the flu, a serious and contagious illness caused by influenza viruses. Certain people are more at risk for getting the flu and developing health complications than others. For them, it's very important to get a flu shot.

Every year, drug companies must produce new flu shots because the flu virus changes. Some years, there aren't enough flu shots to go around.

This year, only half of the expected supply of flu shots will be available due to problems with one of the companies that make the vaccine. Consequently, the U.S. Centers for Disease Control and Prevention has asked healthy people who want a shot to go without so there is enough vaccine for those considered at highest risk.

This includes those:

- age 65 and older
- between age 2 and 64 with chronic medical conditions
- between 6 months and 23 months old
- between 6 months and 18 years old on chronic aspirin therapy
- living in homes with children less than 6 months old
- living in nursing homes and long-term care facilities
- who are pregnant during the flu season
- who are health care workers involved in direct patient care
- who are at-home caregivers

If you're at-risk, contact your doctor about getting a flu shot right away. The best time to get one is October or November. However, December or January is not too late. Flu season can begin as early as October and last as late as May.

A shot certainly is the best way to prevent the flu. The vaccine is made from the dead flu virus and is safe for most people. People who shouldn't get a flu vaccine before talking with their doctor are those:

- with a severe allergy to hens' eggs since the vaccine is made with eggs
- who previously contracted Guillain-Barré syndrome within six weeks of receiving the shot
- who had a severe reaction to the vaccine before
- who are very sick with a high fever

### Tips to Prevent the Flu and Its Spread

If you don't get a shot, there still are things you can do to protect yourself against the flu:



- Avoid close contact with people who are sick. Large crowds of people in indoor areas increase your chances of getting the flu.
- Avoid touching your eyes, nose, or mouth to prevent the spread of germs.
- Wash your hands often. Doorknobs, telephones, other people's hands - the flu virus can live on all these things. Wash your hands often and thoroughly, especially before meals. Buy an alcohol-based, hand sanitizer that you can carry with you.
- Take care of yourself. People tend to get less sleep, eat less well, and feel more stress as the holidays begin to approach, which is peak flu season. Don't ruin your celebrations by getting the flu. Get enough rest, exercise, and eat healthy foods.
- Cover your mouth and nose with a tissue when coughing or sneezing. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
- Stay home if you are sick to prevent spreading germs to others.

### Common Flu Symptoms

The flu usually comes on suddenly and may include these symptoms:

- high fever
- headache
- extreme tiredness and weakness
- dry cough and/or sore throat
- runny or stuffy nose
- body or muscle aches

Diarrhea and vomiting also can occur, but are more common in children.

### Is It the Cold or the Flu?

The flu and the common cold are caused by different viruses. These two types of illnesses have similar symptoms, making it hard to tell the difference between them. In general, the flu is worse than the common cold, and symptoms such as fever, body aches, extreme tiredness, and dry cough are more common and intense.

Colds are usually milder than the flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospital stays.

## The Gift of Good Health

Now that your holiday shopping is done, it's time to start thinking about those birthdays, anniversaries and other gift giving occasions coming up in 2005. Don't forget, you only have just over 300 more shopping days before next holiday season!

The gift of good health is something that you can give to everybody and it's a gift that is invaluable to everyone. Who doesn't want to look better, feel better, and be healthier? It is a gift that you can feel proud to give. Is there a more thoughtful gift that shows the recipient how much you care about their well-being?

By giving the gift of good health you are helping provide others with motivation. They may feel more motivated to actually get fit because they don't want to feel guilty for ignoring such a thoughtful gift. Exercise can help you stay slim and fit, improve self-esteem, reduce stress and can help you sleep better.

The gift of good health doesn't have to be expensive. Gifts can cost as little as \$5 or range into the \$100s of dollars. Here are a few suggestions:

### Under \$15:

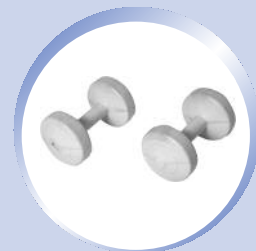
Resistance Band  
Dumbbells  
Jump Rope  
Exercise Mat  
Spa/Bath Gifts  
Pedometer

### \$15-\$35:

Fitness Ball  
Online Personal Training Program  
Home Exercise Video or DVD  
Heart Rate Monitor  
Pilates Ring  
Healthy Cookbook

### Over \$35:

Full barbell set  
Treadmill  
Bicycle  
Yoga Kit  
Gym Membership  
Walking Shoes



Giving something that supports health and wellness will be appreciated for years to come and may even turn someone's life around. The gift of good health will make the recipient feel special – they'll know that someone cared enough to give them the opportunity to improve their health. Giving a gift that will help someone lead a healthier life is also one of the most rewarding gifts you can give. Surprise everyone this year and give the gift that comes from your heart and truly keeps on giving throughout the year and beyond.

## Maintaining Good Eyesight

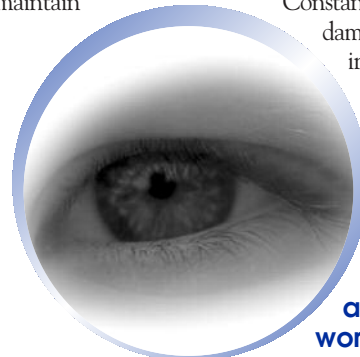
Good eyesight plays an important role in your mobility and the enjoyment of life, so it's important to follow these basic steps to keep your eyes seeing clearly.

### Visit your eye doctor.

You should visit your eye doctor for an eye exam once every year to maintain good eyesight. See your ophthalmologist if you experience eye infections or symptoms of disease like loss of or blurred vision, light flashes, eye pain, redness, itching, swelling, and irritation around the eye or eyelid.

### Practice disease prevention.

Disease of the eye is the number one cause of blindness. Most diseases that cause blindness, like glaucoma and diabetes, can be treated or their progression slowed down with the proper diagnosis and management. While there is no cure for some eye conditions, there have been major medical advances for age-related macular



degeneration, glaucoma and cataracts. By visiting your eye doctor on a regular basis, you can catch any eye problems in their early stage when they are easier to treat.

### Protect your eyes from the sun's harmful rays.

Constant exposure to UV light can damage your eyes. Overexposure increases pigmentation in the eye, causing a discoloration known as "brown" or "sunshine" cataracts. Eye diseases such as macular degeneration have been linked to UV exposure.

### Wear protective gear and eyewear during work and sporting events.

Wearing safety glasses and protective goggles while playing sports or working with hazardous and air-borne materials lowers your risk for eye injury, impaired vision, and complete loss of sight.

## Insomnia

By John E. Ervin, MD, FACP, FACR

Insomnia is a common, under-treated medical problem affecting 36-47% of the U.S. population. There are multiple causative factors ranging from jet lag to arthritic conditions to stress or depression. Women complain of insomnia 1.3 times more often than men, and it is 1.5 times more common in persons over the age of 65.

Patients with insomnia experience poor general wellness and suffer mood disorders. Daytime fatigue is common. Chronic insomniacs are 2.5 times more likely to report auto accidents. Insomnia is associated with increased risk for the onset of panic disorder, depression, alcohol abuse, coronary heart disease and immune dysfunction. It results in reduced productivity, increased absenteeism, hospitalizations, accidents and mortality. The economic burden in the U.S. alone has been recently estimated at 13.9 billion dollars.

Less than 15% of patients with insomnia receive treatment. The best treatment is to eliminate the cause. A regular sleep schedule, having an environment conducive to sleep (a dark, quiet room with comfortable mattress and pillow), avoiding stimulants

(caffeine, nicotine, appetite suppressants), and diuretics are important. A hot drink, hot soaks in a tub, and reading or meditating can be helpful. Newer medications are more effective and safer than past alternatives. Alternative medications have been touted, and a few, like melatonin, have been well studied, while most remain unproven in both safety and effectiveness.

Please refer to the current enrolling studies section of this newsletter to see if your local research site is conducting an insomnia study.



## Clinical Study Center is seeking patients for the following studies. Compensation is available.

We always need volunteers so we can conduct studies to learn more about important new investigational or marketed drugs for diseases. When you volunteer to participate in one of our drug trials, you contribute to the development of medical therapies that can ultimately help thousands of people. Please let us know if you would like to have your name added to our mailing list. If you have a known chronic condition, it is very likely that you will be asked to participate in a study. Please contact our office if you wish to be removed from our mailing list.

We are currently enrolling individuals for these research studies:

### Study

Alzheimer's disease  
Benign prostatic hyperplasia (BPH)  
Bone loss prevention (men with prostate cancer)  
Bone loss prevention (women)  
Diabetic neuropathy  
Heavy menstrual bleeding  
Insomnia (problem sleeping)  
Irritable bowel syndrome (women)  
Migraines  
Osteoporosis  
Pain after a shingles outbreak (postherpetic neuralgia)  
Postmenopausal hormone replacement therapy  
Postmenopausal hot flashes  
Premature Ejaculation  
Prostatic Intraepithelial Neoplasia (PIN)  
Sexual dysfunction (women)  
Skin/soft tissue infection  
Vaginal Atrophy

## Winter Skin Care

Winter is hard on skin. During the winter months, the combination of lower temperatures and reduced humidity extracts moisture from your skin, causing cracking, chapping, and irritation. Even in winter, your skin is still vulnerable to damage from the sun's UV rays. Here are some tips to help you keep your skin as healthy as possible throughout the winter:

- Protect your skin from sun damage. Since you're covered up when outside in the wintertime, you don't need to slather sunscreen all over, but wear a makeup or moisturizer with SPF 15 on your face throughout the winter. Wear a high-SPF sunscreen if you'll be skiing, some of the most severe sunburns occur on the slopes, since snow reflects sunlight. If you'll be on a cruise, be sure to wear a good sunscreen just as you would during the summertime. Don't forget your lips, wear lip balm or lipstick with sunscreen.
- Examine your skin-care regimen. If you are using a product with tretinoin, such as Retin-A

or Renova, always wear sunscreen as you are more liable to sunburn. If you have sensitive skin, cut back on using sloughing products such as alpha-hydroxy acids, as they may exacerbate dry, irritated skin.

- Don't take long, hot showers. They strip skin of its natural moisturizing lipids. Instead, take a short, warm shower; pat your skin almost dry, then put on a good moisturizer while skin is still damp. You will need a super-emollient lotion for hands, heels, or anywhere else you experience very dry, cracked skin.
- Humidify indoor air. If you don't have a humidifying system within your heating ducts, consider buying a humidifier. These will help keep skin and nasal passages from drying out.
- If you develop severely dry skin, eczema, or "winter itch," see your dermatologist. He or she can prescribe a mild steroid cream or other treatment to restore your skin to good health.

## January is

Cervical Health Awareness Month  
National Birth Defects Prevention Month  
National Volunteer Blood Donor Month  
Cataract Awareness Month  
Thyroid Awareness Month

## February is

Heart Health Month  
AMD/Low Vision Awareness Month  
National Children's Dental Health Month  
Wise Health Consumer Month  
Kids E.N.T. (Ears, Nose, Throat) Health Month

## Osteoporosis: The Silent Disease

- 10 million Americans over the age of 50 have osteoporosis.
- Each year 1.5 million people suffer a bone fracture related to osteoporosis
- 20 % of individuals with a hip fracture end up in a nursing home

### Take Action to improve your Bone Health

- Get 1000-1200mg of Calcium and 400-800IU of Vitamin D per day
- Maintain a healthy weight and be physically active at least 30 minutes per day. Remember to include weight-bearing exercises.
- Avoid tobacco, alcohol, and caffeine.
- All statistical information is according to the Oct. 14, 2004 Surgeon General's report on Osteoporosis.

