

141-Diaphragm, Stroke, Outcomes, Acne, Wristbands, Babies, HDL, Laughter, Asthma, Pecans

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Hi Everyone,

An Apple lament: I have begun working with my i-pad. It works great as an internet browser for email. I am getting used to the non touch keyboard. I touch type but you can't rest your fingers on the keys for the ipad. Otherwise you get a lot of words that don't make sense. I have to rest my fingers just above the letters without touching them and then type. This is a real skill, even if I have the ipad in landscape position. I found out that the ipad doesn't have a print function, which frustrated me. Then I found "print" as an application for it. So for A\$8:99 I downloaded it and away I went. I can now print anything through my other computers or my WIFI router which is connected to my printer through the ipad's email function. I was hoping that the ipad could be used as a computer because it is smaller and lighter and I can see the script better than my iphone which can do most everything (if I use my texting fingers). So, now I have all my email addresses loaded and my bookmarks all downloaded from the ".me cloud", I am up and running. Not just yet for this newsletter until I get my cut and past process worked out. But, It is coming. I will turn this ipad browser into a computer despite its design!!! I am almost at the stage that I was a few years ago with my Treo 600 smartphone. I had a fold up keyboard for it and could work in all microsoft office programs. Unfortunately the phone part of it kept dying and I got sick of it having to be repaired. My I phone has survived and performed well for me through 3G, 3GS and soon for 4G. At least, I hope it does for 4G. Sadly Steve Jobs, head of Apple, couldn't get his [connection working](#) when releasing it a few weeks ago. It seems he didn't realise the piezo electric effect of the skin may effect the function of the [antenna sp;](#)

and dropped his internet connection signal during his demonstration. He couldn't get it working while on nationwide media. He got angry with the audience for using up all his bandwidth and blamed them for the problem. Now we know that you have to hold it carefully or use a cover to insulate the edges from your body electricity. (This is common for other brands of multiband phones as well) This

[magnetic/electric/animal/polarity/touch/innate energy](#)

is something "hands on " healers like us work with all the time. Our responsibility is to keep this energy up and the patient has a responsibility to be receptive to it. Harmony seems to create a better healing environment for the patient. So, touch your new iphone 4G carefully and your patients even more carefully. Enjoy this weeks articles. Donald

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1. □ [Female diaphragm is stronger than the male diaphragm.](#) "Men continued to have a reduced contribution of the diaphragm to total inspiratory force output (pressure-time product of the diaphragm/pressure-time product of the esophagus) during exercise, whereas diaphragmatic contribution in women changed very little over time. The findings from this study point to a female diaphragm that is more resistant to fatigue relative to their male counterparts."

2. [How to tell the difference between ischaemic and haemorrhagic stroke](#) . □ " The proportion of ICH in minor stroke was 5.1% (95% CI 3.2% to 8.0%) in OXVASC, and 5.4% (3.3% to 8.7%) in the clinic cohort. Clinical factors predictive of ICH in OXVASC included blood pressure on initial assessment $\geq 180/110$ mm Hg (OR 14.5, 95% CI 1.8 to 114, $p=0.001$), vomiting (OR 15.7, 95% CI 5.4 to 46, $p<0.001$), confusion (OR 8.2, 95% CI 2.9 to 23, $p<0.001$) and anticoagulation use (OR 7.8, 95% CI 2.2 to 28, $p=0.006$), and at least one predictive factor was identified in all 17 patients with ICH and in 35% overall (c statistic 0.92, 95% CI 0.88 to 0.97). Therefore, we derived the SCAN rule to identify ICH if ≥ 1 of the

following were present: (S) severe hypertension, (C) confusion, (A) anticoagulation, (N) nausea and vomiting. In the clinic validation cohort, ≥ 1 predictive factor was identified in 14/15 of patients with ICH and in 24% overall (c statistic 0.87, 95% CI 0.79 to 0.95)."

3. [Materials from NIH Stroke Scale Training.](#) " The National Institute of Neurological Disorders and Stroke (NINDS) announces Version 2.0 of the popular interactive DVD training tool for administering and scoring the NIH Stroke Scale (NIHSS).

Studio-produced footage provides clear views of doctors performing the NIH Stroke Scale. Instructional examples illustrate every potential score on each scale item.

On-screen menus allow you to view, repeat, and move between sections with ease. The new set is compatible with computer-based DVD drives as well as DVD players."

4. [Patient reported outcomes are becoming important in research .](#) " Historically, clinical trial primary endpoints have been clinical values, measures of clinician-observed clinical signs and/or patient functioning, and survival. However, there is a growing body of evidence which indicates data on patient-reported symptoms and experiences should be considered when assessing the safety and efficacy of a drug treatment. In a recent presentation at the Patient-Reported Outcomes (PRO) Consortium Workshop, Robert Temple, MD, Deputy Center Director for Clinical Science, FDA/Center for Drug Evaluation and Research, shared that, "Interest in PROs is plainly growing. ... this has to do with growing interest in real-world studies and real-world measurements ... and growing interest in the value of treatments. What better measure of value is there than what the patients themselves notice?"

5. [Google's new scholastic search index.](#) " Today, we're announcing the completion of a new web indexing system called Caffeine. Caffeine provides 50 percent fresher results for web searches than our last index, and it's the largest collection of web content we've offered. Whether it's a news story, a blog or a forum post, you can now find links to relevant content much sooner after it is published than was possible ever before."

6. [Radiation overdose from a CT scan.](#) " Ms. C., a 59-year-old schoolteacher, awoke on September 8, 2009, with facial paralysis. In a local emergency room, she underwent computed tomographic (CT) and magnetic resonance imaging (MRI) brain scanning. The scans were normal, Bell's palsy was diagnosed, and the symptoms resolved over the next few weeks. Two weeks later, Ms. C. began losing her hair in a band-like distribution, and the following week she awoke with vertigo and confusion and returned to the emergency room, where repeat CT and MRI scans were normal. Fatigue, malaise, memory loss, and confusion began soon thereafter and have continued, making it difficult for her to work. Review of the first CT scan revealed that she had received a radiation dose to her brain of 6 Gy — approximately 100 times the dose from the average brain CT scan, 10 times the dose from the average brain-perfusion scan, and 3 times the daily dose of radiation treatment for brain cancer." "

7. [Dairy products and refined carbo's increase acne](#) : " Based on these findings, there

exists convincing data supporting the role of dairy products and high-glycemic-index foods in influencing hormonal and inflammatory factors, which can increase acne prevalence and severity. Studies have been inconclusive regarding the association between acne and other foods." □

8. [Here is an interesting article about power wristbands](#) . □ I haven't found any research to validate the bands. □ If anyone does find a study to validate them, please pass it on and i will post it. □

9. [How to start doing clinical trials in your office.](#) " Clinical research entails a different mind-set from typical patient care. A physician cares for a patient with the desired outcome of cure or improvement; a clinical investigator treats a population with the desired outcome of proving that the drug or device is safe, effective, and fulfills the purpose for which it was created. In research, the hope is that the patient will benefit from trial participation; however, there are no guarantees." □

10. [Yoghurt helps crying babies.](#) □

June 17, 2010 (Stockholm, Sweden) — One week of supplementation with the probiotic □ *Lactobacillus reuteri*

Protectis reduced crying time in colicky babies by 74%, compared with 38% with placebo, according to a double-blind study presented here at the 43rd Annual Meeting of the European Society for Pediatric Gastroenterology, Hepatology, and Nutrition in Istanbul, Turkey. □

"The data with □ *L. reuteri* □ are convincing and confirm, in a placebo-controlled study, our earlier data with this probiotic [*Pediatrics*. 2007;119:e124-e130].

We believe these results will have an impact on the treatment of infants with colic," study presenter Francesco Savino, MD, PhD, from the Department of Paediatrics, Regina Margherita Children's Hospital, University of Turin, Italy, noted in a statement issued by Swedish biotechnology firm BioGaia □ AB, the developer and marketer of the probiotic

11. More HDL equals less cancer. □ " An inverse and significant association exists between levels of high-density lipoprotein (HDL) cholesterol and the risk of incident cancer, according to the results of a new analysis [1]. Researchers report that even after adjustment for multiple variables, there was a 36% lower risk of cancer for every 10-mg/dL increase in HDL cholesterol."

<http://www.medscape.com/viewarticle/723554?src=mpnews&spon=34&uac=10445EN>

12. Whole grains lowers risk of diabetes. " Substituting brown rice or other whole grains for white rice is associated with a lower risk for type 2 diabetes, according to results from the Health Professionals Follow-up Study and the Nurses' Health Study (NHS) I and II reported in the June 14 issue of □

Archives of Internal Medicine

." □

<http://www.medscape.com/viewarticle/723446?src=mpnews&spon=34&uac=10>

[445EN](#)

13. Antidepressants may cause miscarriage. " Pregnant women who use antidepressants have a 68% increased risk of miscarriage compared with those who do not take the medications, according to results from a new case-control study."

<http://cme.medscape.com/viewarticle/723297?src=cmenews&uac=10445EN>

14. Brush your teeth more than twice a day or get heart problems. " Individuals who do not brush their teeth twice a day have an increased risk of heart disease, a new study shows [1]."

<http://cme.medscape.com/viewarticle/723057?src=cmenews&uac=10445EN>

15. There is no evidence that good food helps your health. " From a systematic review of the currently available published literature, evidence is lacking for nutrition-related health effects that result from the consumption of organically produced foodstuffs."

<http://www.ajcn.org/cgi/content/abstract/92/1/203?etoc>

16. Breakfast helps brains. " Chronic hyperammonemia may negatively affect attention. Eating breakfast improves attention and executive functions of patients with MHE. Prolonged periods of starvation may be partly responsible for these changes."

<http://www.ajcn.org/cgi/content/abstract/92/1/137?etoc>

17. Good food may help cancer in children. " This study showed that children undergoing treatment of all types of cancer have a significantly lower body cell mass and a significantly higher fat mass than do healthy controls. Nutritional support is suggested for all children undergoing treatment of cancer."

<http://www.ajcn.org/cgi/content/abstract/92/1/55?etoc>

18. Skills you need for the 21st century. " This is the best collection ever. Enjoy, Donald. "

http://www.jimrohn.com/index.php?main_page=page&id=1271&utm_source=jrn-6_14_10&utm_medium=email&utm_campaign=eazines

19. Laughter in the medical workplace. " In this paper, we focus on the disaffiliative function of laughables/laughter across BTEs. Most of the laughables presented can be construed as teases: fallibility, frustration, cynicism and/or sexual teasing; and this teasing was accompanied by a competitive rather than collaborative play frame. Teasing and laughter was employed by participants to maintain or subvert existing power asymmetries, to construct identities, for example, as individuals who are intelligent, witty and powerful, and to construct gender by performing masculinity or femininity."

http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B6VCW-509Y47C-5&_user=1897698&_coverDate=06/16/2010&_rdoc=1&_fmt=high&_orig=search&_sort=d&_docanchor=&_view=c&_acct=C000050221&_mp;_version=1&_urlVersion=0&_userid=1897698&md5=da711e5f1707252

[30120eb850899dff4](#)

20. Mediterranean diet protects children from asthma: " Diet is associated with wheeze and asthma but not with allergic sensitisation in children. These results provide further evidence that adherence to the 'Mediterranean diet' may provide some protection against wheeze and asthma in childhood." "

<http://thorax.bmj.com/content/65/6/516.abstract>

21. How to create a video for your website. " There are two reasons why this is useful. Number one: for new patients. When new patients are looking for a new doctors, they often go on the internet and will check out your website. If you have a video there, they get a sense of you, and you're no longer just a printed name. And if you convey warmth and personality, they can say to themselves, this is a physician I'd like to see."

<http://boards.medscape.com/forums?128@873.M3nMalHVrFw@.29ff33f1!comment=1>

22. FDA approves patient reported outcomes. " The value gained from understanding health outcomes from the patient's perspective has been acknowledged increasingly in recent years.

[1](#)

[2](#)

National surveys of patient experience are now a feature of NHS regulation,

[3](#)

and the drugs industry now recognises the use of such outcomes in labelling (efficacy)claims to promote market access.

[4](#)

[5](#)

Release of the long awaited definitive guidance from the US Food and Drug Administration (FDA) on the use of patient reported outcome (PRO) measures to support labelling claims

[6](#)

marks a coming of age for PRO measurement." "

http://www.bmj.com/cgi/content/full/340/jun21_1/c2921

23. Peaches help prevent cancer. " Our objective was to evaluate the cancer suppression activity of extracts from a commercial variety of yellow-fleshed peach 'Rich Lady' (RL) and a red-fleshed plum 'Black Splendor' (BS) and identify the phenolic fractions that may possess potential as chemopreventive and/or chemotherapeutic natural compounds. The peach RL extract effectively inhibited the proliferation of the estrogen-independent MDA-MB-435 breast cancer cell line." "

<http://pubs.acs.org/doi/abs/10.1021/jf900259m?prevSearch=%28cisneros%29+AND+%5Bauthor%3A+Cisneros-Zevallos%2C+Luis%5D+AND+%5Bauthor%3A+Byrne%2C+David%5D&searchHistoryKey=>

24. Pecans help stop nerves from wearing out. " The study, conducted at the University's Center for Cellular Neurobiology and Neurodegeneration by Thomas Shea, director and professor of biological sciences, suggests that adding pecans to one's diet may delay the progression of age-related motor neuron degeneration. This may include

diseases like amyotrophic lateral sclerosis (ALS), also known as Lou Gehrig's disease." □

http://www.uml.edu/Media/eNews/Shea_Pecan_Study.html

25. University students ruin most research when used in studies. □ " But although undergrads from wealthy nations are numerous and willing subjects, psychologists are beginning to realize that they have a drawback: They are WEIRDos. That is, they are people from Western, educated, industrialized, rich, and democratic cultures. In a provocative review paper published online in *Behavioral and Brain Sciences*

(
BBS

) last week, anthropologist Joseph Henrich and psychologists Steven Heine and Ara Norenzayan of the University of British Columbia in Canada argue that WEIRDos aren't representative of humans as a whole and that psychologists routinely use them to make broad, and quite likely false, claims about what drives human behavior."

<http://www.sciencemag.org/cgi/content/full/328/5986/1627>

26. Plants know who their neighbours are. □ " Animals regularly integrate information about the location of resources and the presence of competitors, altering their foraging behavior accordingly. We studied the annual plant *Abutilon theophrasti*

to determine whether a plant can demonstrate a similarly complex response to two conditions: presence of a competitor and heterogeneous resource distributions. Individually grown plants fully explored the pot by using a broad and uniform rooting distribution regardless of soil resource distributions. Plants with competitors and uniform soil nutrient distributions exhibited pronounced reductions in rooting breadth and spatial soil segregation among the competing individuals. In contrast, plants with competitors and heterogeneous soil nutrient distributions reduced their root growth only modestly, indicating that plants integrate information about both neighbor and resource distributions in determining their root behavior." □

http://www.sciencemag.org/cgi/content/abstract/328/5986/1657?sa_campaign=Email/toc/25-June-2010/10.1126/science.1189736

27. Touch influences social judgments and decisions. □ " Touch is both the first sense to develop and a critical means of information acquisition and environmental manipulation. Physical touch experiences may create an ontological scaffold for the development of intrapersonal and interpersonal conceptual and metaphorical knowledge, as well as a springboard for the application of this knowledge. In six experiments, holding heavy or light clipboards, solving rough or smooth puzzles, and touching hard or soft objects nonconsciously influenced impressions and decisions formed about unrelated people and situations. Among other effects,

heavy objects made job candidates appear more important, rough objects made social interactions appear more difficult, and hard objects increased rigidity in negotiations. Basic tactile sensations are thus shown to influence higher social cognitive processing in dimension-specific and metaphor-specific ways." □

http://www.sciencemag.org/cgi/content/abstract/328/5986/1712?sa_campaign=Email/toc/25-June-2010/10.1126/science.1189993

28. Probiotics helps mastitis.□ " The use of *L. fermentum* CECT5716 or *L. salivarius* CECT5713 appears to be an efficient alternative to the use of commonly prescribed antibiotics for the treatment of infectious mastitis during lactation."

<http://www.journals.uchicago.edu/doi/abs/10.1086/652763>

29. Stem cells reverse burn blindness.□ " Dozens of people who were blinded or otherwise suffered severe eye damage when they were splashed with caustic chemicals had their sight restored with transplants of their own stem cells -- a stunning success for the burgeoning cell-therapy field, Italian researchers reported Wednesday."□

<http://www.intelihealth.com/IH/ihtIH/EMIHC267/333/28042/1369705.html?d=dmtlCNNews>

30. 79,000 Chiropractors from 42 schools in 115 countries.□ " www.chiropracticdiplomatic.com/strategies/global_strategy.pdf

.) This article revisits the chapter on Country Rating with a particular focus on Asia, a region of great interest to many. The chart/table helps to bring the reader current on the status of each Asian country; its chiropractors, association capacity, DC schools and condition of laws recognizing or regulating chiropractors." □

<http://www.dynamicchiropractic.com/mpacms/dc/article.php?id=54749>

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Tags: