



May 2006

Volume 6, No. 2

## **WHOLISTIC NEWS REVIEWS: Traditional, Complementary, Alternative, and Psycho-Social Modalities of Treatment**

**Larry Lachman, PsyD**

### **Gastric cancer and red meat**

Dr. Carlos Gonzalez and colleagues report that the consumption of red meat is associated with an increased risk for noncardia gastric cancer — especially for patients positive for *Helicobacter pylori* bacteria. During a mean follow up of 6.5 years of 521,457 men and woman in ten European countries, Gonzalez and colleagues found that the, “total, red, and processed meat intakes were associated with an increased risk of gastric noncardia cancer, especially in *H. pylori* antibody-positive subjects, but not with cardia gastric cancer.” Gonzalez and colleagues write, “Given the low 5-year relative survival rates of European patients with gastric cancer or esophageal cancer (23% and 10%, respectively), identification and better control of risk factors represent the most effective ways for reducing the burden of these tumors.”

*Journal of the National Cancer Institute* 2006;98:345-354

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### **Stroke deaths potentially decreased with folic acid**

Dr. Quanhe Yang of the Centers for Disease Control reports that stroke deaths have declined at a faster rate (13,000 fewer strokes per year) after the 1996 mandatory folic acid fortification of flour and enriched-grain products that was implemented in the United States and Canada. With homocysteine being a stroke factor, Yang and colleagues found that after the addition of folic acid, homocysteine concentrations levels dropped. Yang concludes, “Additional studies are urgently needed to either prove or disprove what we observed.”

*Circulation* (on line) March 14, 2006

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### **Seven effective traits of the ideal doctor**

Researcher Dr. Neeli Bendapudi from Ohio State University, and editorial writer Dr. James Li, of the allergic diseases division of the Mayo Clinic, report the results of their study of 200 patients treated at the Mayo Clinic's Arizona and Minnesota facilities, surveying patients' best and worse experiences with their doctors. Dr. Bendapudi and colleagues identified *seven* key traits that patients liked the most in their favorite physicians: 1. Being Confident; 2. Being Empathetic, 3. Being Humane, 4. Being Personal, 5. Being Forthright, 6. Being Respectful, and 7. Being Thorough. The researchers cite a patient who said, "We want doctors who can empathize and understand our needs as a whole person. ... We want to feel that our doctors have incredible knowledge in their field. But every doctor needs to know how to apply their knowledge with wisdom and relate to us as plain folks who are capable of understanding our disease and treatment."

*Mayo Clinic Proceedings* 2006, 81, 338-344

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### **A hurtful heart and stress**

Dr. S. Ramachandrani and Dr. D. Sheps at the University of Florida found that a third of patients with known coronary artery disease experienced decreased coronary blood flow while they were under mental duress, even though they did well on treadmill and chemical stress tests. In one study, it was found that for some cardiac patients mental stress was as dangerous as smoking cigarettes or having elevated cholesterol. Dr. Sheps writes, "The results tend to support [the idea] that mental stress works through a different mechanism than physical stress."

*Journal of American College of Cardiology* 2006, 47, 987-991

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### **Premedicating pediatric patients with hypnosis versus midazolam**

S. Calipel and colleagues compared the preoperative anxiety levels and postoperative behavior disorder occurrences of 50 children aged two to eleven who were scheduled to undergo surgery. The results showed that although there was no *statistically significant* difference between hypnosis or midazolam on preoperative anxiety, hypnosis was more effective in reducing the frequency of occurrence of behavior disorders *postoperatively*.

*Pediatric Anesthesia* 2005, 15(4), 275-282

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### ***One-third of people lonely?***

An Australian study of 1,200 adults conducted by the University of Dundee's Dr. William Lauder showed that 35% of those surveyed reported being lonely. In addition, more men than women reported being lonely. Loneliness was lowest for 18-19 year olds and highest for people in their 40s. Retirees and those reporting strong religious beliefs reported less loneliness than those unemployed and without religious beliefs and those with higher incomes reported less loneliness than those with lower incomes. Dr. Lauder concludes, "Loneliness has less to do with the quantity of social relationships than with the quality of those relationships."

*Journal of Clinical Nursing* [2006, 15\(3\):334-40](#)

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