

## Column

# Health pearls

In the United States, in a 12-month period ending in January 2022, there were **107,375 people who died from drug overdose and drug poisoning**, according to the CDC. About 67 percent of the deaths involved synthetic opioids like fentanyl, many of them in multiple color gummies/tablets to attract children. **More than 200,000 Americans have perished from fentanyl overdose since 2015, since this dangerous substance is 100 times stronger than morphine**, most victims' ages ranged from 18-45, more than any other causes of deaths in 2020, greater than from suicide, car accidents and COVID-19. The open southern border is a major factor for entry of these killer drugs and other killers. Keeping the border open is insanity.

## Cannabis babies

The use of cannabis in the United States and around the world is massively increasing, thanks to our legislators who thought people needed another recreational drug besides alcohol, etc. Do we really need more illegal drugs and more suffering and deaths? **Political correctness gets votes, so they enact laws to please their constituents, never mind the detrimental effects to society.**

Studies now show at the Washington University in St. Louis found that **children exposed to cannabis while in the womb** “show increased symptoms of psychopathology such as depression and anxiety in early adolescence...and elevated psychopathology symptoms during adolescence can make a young person more vulnerable to developing psychiatric illness and substance misuse.”

While the medicinal value of cannabis is real and useful, **recreational marijuana is best avoided**, because of the following bad side-effects: brain development issues in your people; greater anxiety problems; depression; paranoia, schizophrenia; problems with memory and cognition; damage to lungs; hyperemesis (vomiting) syndrome; cardiovascular damage; diminished testosterone production; and, addiction and behavioral disorders.

## Bivalent booster

The reformulated, redesigned anti-COVID-19 vaccines are aimed against Omicron and its various subvariants, the predominant viruses today. CDC recommends everyone to opt of this new “more universal” shot in the face of the predicted wave in Fall and Winter. The updated Pfizer/BioNT booster is authorized for those 12 and older, and the Moderna, for 18 and older. It is anticipated for COVID-19 to be with us in the future and an annual (if not every 6 months) anti-COVID-19 vaccination might be the norm, like the annual flu vaccines we get. **Hopefully, scientists will develop one which is a combination of the anti-COVID-19 and anti-flu vaccine, 2 in 1, one needlestick less for man, one giant step for mankind!**

## Blood test for cancer

A bit of good news: Scientists have **designed “a blood test for cancer that looks at the methylation of cell-free DNA.”** Called the Gallieri test, it is used in a large-scale trial to determine if this test will help in shortening (expediting) the time to diagnose cancer. **In cancer, as everybody knows, early diagnosis is vital,** if cure is to be achieved for greater survival. So far, in this early stage in the research, the test shows a high rate of false positive but a low rate of false negative. More exhaustive studies are needed on this most valuable potentially life-saving test.

## Nightshades

Nightshades (claimed to be bad for those with arthritis) include eggplant, tomato, potato, pepper, paprika, etc. Inflammation is the trigger of most, if not all diseases. **Imbalance gut microbiome could cause havoc to our body.** Proper diet is vital and accounts for most of our organic illnesses. Regular physical exercises are also very important in boosting our immune system, besides are muscles and cardiovascular system. **If God wants us to be couch potato or sedentary, He would have given us roots instead of feet.**

## Cardiac-oral health

More medical data confirm that oral health affect heart health. **Dental carries, gingivitis, and oral infections lead to inflammation, which initiates a cascade of reactions to inflammation in various organs, including the heart.** And inflammation results in irritation in the inner walls of the arteries in the body, the coronary arteries included. This leads to build-up of plaques inside these arteries which, over time, block them. If those blockages are severe, they could lead to a heart attack and stroke.

## Brushing technic

A few years back, we wrote about the effective technique in oral hygiene as a response to a question from a reader. **The basic idea and ultimate goal are to make sure no tooth is left unbrushed, which I term “conscious brushing.”** To be comprehensive, the mind should be focused on doing a good and thorough brushing all teeth, including the gums and the tongue (a massive sanctuary of germs). After dental flossing, gurgling follows, then brushing all sides of the teeth, not missing any tooth, concentrating on this job. A final rinse with a mouthwash containing stabilized chlorine dioxide 2-3 times a day is my personal routine. (**Warning:** This is NOT the same as household Chlorine for cleaning, which is a poison; stabilized chlorine is specially formulated as a mouthwash and is safe.)

To put things in their proper perspective, **our mouth has about 20 billion germs** (of 700 different strains), and bacteria reproduce every 5 hours. One day without brushing increases the germs to 100 billion. **The mouth has more germs than our rectum.** Disgusting but true. A public toilet seat only has about 1,200 to 3000 bacteria per square inch, actually less than germs in our mouth. You don't have to run in fear to brush your

teeth after reading this, but do “conscious brushing” 3 times a day, after each and every meal. And visit the dentist twice a year.

## **Apples and diabetes**

The popular saying “an apple a day keeps the doctor away” has some truth in it. A meta-analysis of multiple studies involving 339,383 participants showed that eating apple may significantly lower the risk for diabetes type 2. But remember: an apple has 4 grams of dietary fiber and around 25 grams of carbohydrates and 19 of those 25 come from sugar, so when eating apple, it has to be included in the calculation of total calorie intake of the individual. The sugar in apples is fructose, which is different from unhealthy refined processed sugars in sweets. An article in the American Journal of Clinical Nutrition in 2017 stated “replacing glucose or sucrose with fructose in foods or beverages led to lower peak post meal blood sugar and insulin levels.” To prevent serious complications of diabetes, which involve multiple organs, including the eyes, monitoring the blood sugar (A1C) regularly per physicians’ recommendation is vital. Today, a well-treated diabetes Type 2 with all resources available enables people to have practically the same average life expectancy that non-diabetic.

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