

INFINITE WISDOM

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Special points of interest:

- Individualized health care when you need it.
- Same day or next day appointments.
- Want to talk to your own doctor? Call.
- See your doctor, not a random on call doc in the office

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STRESS

Are you stressed? Why not, the gift-giving season is approaching? So what is stress? Stress is simply being confronted with an adverse situation that may impact you or require your attention. Stress is not bad and does not need to be medicated. Bridges have stress applied when a car travels on one but the bridge is doing fine. So why do some of us get “stressed.” Actually that is the wrong way of looking at it. All of us get stress applied to us. It is our choice as to how we address it. So in common discussion the term “stress” is used to describe how we are reacting. Instead it should be used to describe the external circumstance. It is how we chose to respond



to that external event that matters. We can ignore it, deal with it matter-of-factly, put it on the “back burner” for later consideration or become nervous, sleep deprived, worried, suppressed with drugs and alcohol, sweaty or other stress responses. Often our response is how we condition ourselves to respond and that is changeable. An example would be if a friend or loved one is ill. That should not stress you out. Becoming “stressed” does not help you nor does it help the ill person. To “worry” is not a

constructive response. We can be available for that person, supportive, empathetic and such but to worry can be destructive. If you are all stressed out and nervous, how does that help the ill person? In fact it makes you less available, less helpful. You are not ignoring them, just deciding to remain calm so you can be emotionally available. I hear all the time, “yeah Dr. Hanson, that is easier said than done.” Of course it is, so is “mowing the lawn” but we do it anyway (or I do-thank goodness winter is coming). Don’t underestimate your mind’s ability to change its stress response habits. Cognitive Behavioral Therapy by a therapist or self-help can often help. Let me know if you are having those issue and we can start ad-

OPIOID CRISIS

I’ve written about this before. It’s now been declared a crisis or national health emergency. Seems a bit reactionary but it is clearly a problem. Many people die from narcotic addition. The term to use now is “Opioid Use Disorder” or OUD. More people die from traffic fatalities than die from OUD but that is splitting hairs. Where did this start? Humans



seem to like mood altering substances. So do rats. No clue yet what gets the ball rolling but what it does it can be devastating. The folks with OUD are not just the folks in the gutter or with signs on the street,

they are the white collar types and “normal” looking people. Their lives can be destroyed as they spend more and more money on street pills and illegal drugs like heroin. They risk death from the chemical effects of the drugs and some of the nasty stuff that is mixed with them that they inject.

(Continued on pg 2)

ORGAN CORNER...PANCREAS

“The pancreas essentially makes all of the enzymes we need to digest (break down) food”

Last month we did spleen. This month, pancreas, which is attached to the spleen. The pancreas is an organ situated right below the stomach. It is kind of a fleshy structure. You can't feel it and it makes no noise. It forms from a bud that comes off of our developing gut tube while we are still gestating. It has tons of functions. The pancreas essentially makes all of the enzymes we need to digest (break down) food. It releases these through a duct into the first part of our small intestine located right after



the stomach. The food mixes with these enzymes and breaks food down to molecular size so that our intestines can absorb them.

The other main job is to regulate our sugar levels. The pancreas makes insulin and other chemicals. When we eat food our body

has to gear up for the absorption and processing of glucose. The pancreas releases insulin into the blood vessels that pass through the pancreas. The insulin and other chemicals circulate to the rest of the body to handle sugars. If you have your pancreas removed you can't digest food and you cannot control sugars unless your are given enzymes and insulin. For our next trivia quiz...If you ever hear of someone eating "sweetbread" they are most likely eating the pancreas of a calf or lamb.

“Hot fluids can causes dilation of blood vessels helping alleviate congestion.”

Most of us have been told that if you have a cold or feel bad, chicken soup will make you feel better. Is there any truth to that?

A doctor who works with ZocDoc explains that since more people take their soup fairly hot there can be a benefit for congestion. “Hot fluids can cause dilation of blood vessels causing increase blood



flow and allowing the mucus to flush everything out... alleviating congestion.”

Because you are ingesting added liquid, hydration is a benefit. Hydration si

always recommended for illnesses.

Finally, many fruits and vegetables are thought to have anti-inflammatory properties which may help with infections.

While chicken soup or any other soup won't shorten the time you have a cold, it can help alleviate the symptoms and help you feel better.

“If you feel you may have OUD let me know and we can start addressing that. ”

OPIOID CRISIS...CONTINUED

As it gets more difficult to get prescriptions and pills that are diverted and sold on the streets they look for the cheaper heroin. Pregnant mothers get their babies addicted. The media often blames doctors and pharmaceutical companies. While there may be a kernel of truth to that it is overstated. Years ago Stanford University came out with

“pain as a vital sign.” The medical community was criticized for not treating pain enough, that we were leaving people suffering. Other medical organizations fell in line and said we were undertreating. So under that pressure the docs felt it was OK to give narcotics and to not do so was insensitive.

OUD has no stigma with me, Doesn't matter who is to blame. It is a bad thing for the patient and the community and should be treated. It does not require insurance coverage. Understand if I do not easily give strong pain meds. If you feel you may have OUD let me know and we can start addressing that. There are really good alternatives available.

SUGAR AND LIVER

You know, actually I like sugar. I have leftovers from Halloween and I don't mean asparagus. (Who doesn't like a good brussel sprout in their Trick or Treat bag?) Well if you don't have diabetes I guess we are in the clear. Not so fast... So another study is saying high sugar intake is possibly bad for the liver! The liver!?

In the journal Clinical Science, Bruce Griffin and others published a study centered at the University of Surry in England. In it they found that high sugar intake was connected to



the development of fat in the liver. We knew that high sugar intake caused the fat in the blood to increase but now we see where high sugar intake can lead to non-alcoholic fatty liver diseases (NAFLD). We used to look for fatty marbling in steaks as something good because they had better flavor. You do not want that in your liver (or your steaks actually either). Now in this study they fed these humans 650

calories of sugar each day. OK, that is 41 teaspoons of sugar but that is 4 cans of sweetened beverage! High blood fats we know can increase your risk of heart attacks and strokes. High liver fats can increase your chances of liver disease. The type of sugar was not studied. We often hear of "high fructose corn syrup" and while that may be a bit worse the bottom line is the sugar intake, regardless of source.

Happy Thanksgiving, within reason.

"high sugar intake can lead to non-alcoholic fatty liver diseases"

ONE HEALTH

November 3rd is One Health Day. We mention that in every November newsletter as it is a worldwide strategy to combine the disciplines of human health (yours truly), veterinarians and environmental health experts. The aim is to approach health in a broader scope. The principal overlap among those disciplines has to do with



the environment, habitat loss and ecology. However there is some overlap with infectious disease. This is more than just "how can I avoid

catching ringworm from my cat." Many serious disease are shared among humans and our earthly buddies and enemies. We on the human side can glean some valuable info from other living creatures in nature. It is also endorsed by the CDC. For more information go to www.onehealthinitiative.com

ENDORSEMENTS

A lot of times in news reports they will cite that a medical organization supports some treatment, political position or public health stance. The report may mention that such is "supported by the American Medical Association which represents ABC number of doctors throughout the nation." Why that may make the public think it is a slam



dunk, many of us docs do not belong to those medical organizations. It costs several hundred dollars per year to be a member and many of us docs don't feel the need to be a member. Further-

more even for the groups to whom we do belong they do not represent our opinions even though they state they do. I belong to the American Academy of Family Physicians but am constantly arguing with them on policy as they incorrectly claim to "represent" me. They may take a position I agree with but they don't ask for my opinion, So be careful what you read, including here :)

"many of us docs do not belong to those medical organizations"

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*An Invitation:
If you know of a friend or family member that would be interested in becoming a member, please have them contact us for a free non-medical meet-and-greet visit.*



A

Direct Primary Care
Practice

Newsletter

written and published
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Previous Newsletters

www.InfinityHealth.MD/documents

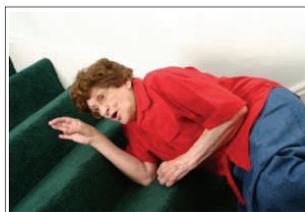
Infinity Health is a Direct Primary Care practice developed by Dr. Hanson. Dr. Hanson has been in medical practice since 1987 and has been a solo practitioner since 1990 in the conventional insurance-based model.

The concept of dealing or contracting directly with the patient is a bit of a throwback but it places the relationship where it should be, with the patient. There is no point in Dr. Hanson or our office wasting time interacting with insurance companies unless it directly contributes to your health. Instead we developed a medical home which has its focus on the patient's health regardless of their insurance status. Infinity Health is a product of Dr. Hanson and is not affiliated with any other organization. We are a membership-based practice. Direct Primary Care is not the same as typical "Concierge" practices which charge a fee AND bill your insurance company.

Dr. Hanson is Board Certified by the American Board of Family Medicine, a Fellow in the American Academy of Family Physicians and a member of the Alpha Omega Alpha Medical Honor Society. He completed his recertification process in April 2016.

USPSTF CORNER: PANCREATIC CANCER

We mentioned earlier in this newsletter about the organ known as the pancreas. As with any organ in the body the potential for cancer exists in the pancreas. In fact pancreatic cancer is the fourth most common type of cancer death in the United States. As with many abdominal malignancies they have time to develop inside the belly without causing any symptoms. When they do finally cause a symptom they may have already spread to other parts making treatment more difficult. Risk factors for pancreatic cancer are smoking, obesity, diabetes and certain genetic disorders. Because of its location a pancreatic cancer may eventually cause symptoms as it affects other organs. One may get yellow



low skin, stool changes, weight loss, loss of appetite etc. It is usually diagnosed with an ultrasound or CT scan of the abdomen.

Since pancreatic cancer can be developing for a while without causing symptoms we wonder whether doing routine annual scans on people would possibly detect pancreatic cancer early before it spreads or metastasizes. The literature was studied. Obtaining screening CT scans carries its own radioactive risk. Scanning also shows up a lot of lumps

and bumps that are benign but nevertheless may cause needless procedures.

After careful review the USPSTF (and other organizations) concluded that routine screening for pancreatic cancer was not shown to be beneficial. That risks do not outweigh the benefits and the reliability is not there. We have no blood test to screen for this disease.

The U. S. Preventive Services Task Force (USPSTF) is an expert panel which reviews the current evidence to help us docs recommend counseling, medical screenings and preventive medications. It is funded by the U.S. Department of Health and Human Services.