

Prevention and Health Newsletter

Preventive Medicine Associates LLC (785) 783 - 7779



January
2014

Welcome to the first issue of our newsletter. Its purpose is to provide you with information from a physician who is trained and qualified in Preventive Medicine and Public Health.

Join us at our free seminar
and bring your friends.

Saturday, January 25 from 1 to 2 pm
Natural Weight-Control
and Long-Term Health

in the 2nd floor meeting room of the
Topeka HyVee, 2951 SW Wanamaker
no reservations needed

If you are an alumnus or current user,
come to the open house and initial
meeting of the **Alumni Group** after the
seminar.

Saturday, January 25 from 2:30 to 3:30 pm
in the 2nd floor meeting room of the
Topeka HyVee, 2951 SW Wanamaker

The **Alumni Group** is an informal group sponsored by Dr. Cohen. There is no charge and it does not provide medical care or advice. Its sole purpose is to provide contact and peer support for users of Dr. Cohen's *New Hippocratic Diet*®. Consider yourself an alumnus if you are currently using the diet or have been a successful user in the past, whatever your present status. This applies to all users of the diet, whether you were under medical care or an independent user. The purpose is to help, support and remain in contact with each other. The one requirement is agreeing to strict confidentiality regarding each others privacy.

If there is enough interest and attendance, the group may meet regularly in the future.



*Preventive Medicine Associates
will now be accepting most major
insurance policies.*

Insurers try avoid paying for services they considered frivolous or for vanity. Yet, weight-loss is currently the first and best choice for many health issues. Our program has always been natural and free of diet-drugs or supplements, yet is under close medical supervision.

Dr. Cohen has always treated uninsured patients enrolled at the Marian Clinic at no charge and continues to do so. Other physicians have referred patients with medical insurance (including Medicare and Medicaid) to Dr. Cohen at Preventive Medicine Associates, but they were often not able to afford services their insurance did not cover.

As of January, when patients are seen with a chronic medical problem caused by, or worsened by, issues related to diet or weight, we will accept medical insurance for medical supervision given during office visits. By restructuring our program in this way, we hope to be able to help the 90% of those seen by us with medical problems.

Of course, insurance policies vary, in terms of covered services, deductibles and co-pays and there may not be coverage for educational materials. We hope that these changes will make our services available to all who need them.

This newsletter contains general information and should not be construed as offering individual medical advice.

www.PreventiveMedicineAssociates.com

Prevention Thoughts

Benefits and Pitfalls of Generic Drugs

The benefit of a generic drug is simply that it costs less. Once a patent has expired, any manufacturer can produce the same chemical and sell the drug at a far lower cost. After all, the initial producer had to keep the price high to recoup cost of up to a billion dollars, developing, testing and getting regulatory approval.

This has led to extreme price competition, so that your pharmacy may fill your prescription with a drug from one company this month and another the next month. Usually, this is safe. The FDA requires that the active ingredient be exactly the same, but differences in how a pill is prepared may mean that the level of the drug in your blood will vary. This is safe for most things, because it is usually close enough, but there are some drugs that require your doctor to follow you with blood tests. Some examples are blood thinners, anticonvulsants, and hormones. These are different, so always check to see if your refill may be from a different manufacturer. If so, check with your physician, a new blood test may be needed.

A newer issue with generic drugs is the practice of some insurers attempting to convince you switch to a generic drug, as a substitute for a more expensive brand name drug which has no cheap generic equivalent. Sometimes that works, but other times it can be dangerous. Your physician knows about the older, cheaper drugs but may have had a good reason for not using one. The insurer may send you a cleverly worded notice which makes it sound as if a totally different medication (which has a cheap generic equivalent) is the same as the drug you have been prescribed. It is not. Always check with your doctor in this situation.

Weight-Loss and Fertility

Many women who are overweight experience menstrual and hormonal problems. If their weight-gain is due to eating too many carbohydrates, it may cause overproduction of insulin and insulin resistance. This can lead to hormonal imbalance, irregular or absent periods, infertility and the polycystic ovary syndrome.

A weight-loss plan that bring blood sugar levels under control (such as the *New Hippocratic Diet*®) helps the body return to normal. This may cause fertility to return to normal. This can be a blessing for the dieter who wishes to become pregnant, but a big surprise for someone not considering it. Understand that this can happen and act accordingly.

Cancer and Weight

Cancer experts understand that there are certain cancers more common when people are overweight. This relationship also extends to recurrences after treatment. In an effort to better understand this, the National Cancer Policy Forum of the Institute of Medicine convened a workshop of leading cancer experts in 2011. They looked at this relationship, noting that it varied by type of cancer,

but overall obesity almost doubled the risk of dying from some type of cancer in both men and women.

The underlying mechanisms are complex. Although the actual amount of excess fat plays a role, a greater role comes from the dietary factors that produced the extra fat. Blood sugar levels which lead to excess insulin production, insulin resistance, hormonal changes and tissue inflammation are all recognized as major factors increasing the likelihood of cancer and its recurrence.

Does this mean that dietary change can guarantee the prevention of cancer or its recurrence. Absolutely not, but it does form a powerful argument for a significant reduction of risk!

Protecting Babies

Did you know there is a way to protect babies from becoming overweight and developing diabetes later in life? There is no guarantee, of course, but research has shown that breast-fed babies are less likely to become overweight and develop type 2 diabetes mellitus when older. The longer they were breast-fed, the healthier they were likely to be. I am sure that you have already heard many positive things, extolling the virtues of breast feeding, so here is another.

But, why does this occur? Think about the bottle fed baby, who is often switched from formula to regular milk. In the US, ordinary cows milk has had the butterfat reduced to only 3.2%, (the excess is sold as butter and cheese) but what do mothers produce? Mothers milk has been measured to vary from a low of about 6% fat to as high as about 30% fat! Breast-fed babies are on a diet very high in natural fat during this important phase of their development. They turn out to be healthier than others as they progress in age.

Supermarkets and “the perimeter”

You may have heard the diet advice to “shop the perimeter” of a typical supermarket to find the healthiest foods. Good advice, but with dangerous hidden traps! Here is what you find on the perimeter and items found there you should avoid.

The fresh fruit and vegetable department is a fine place to find healthy salad ingredients and green leafy vegetables, but it also contains starchy root vegetable that should be avoided unless you want to gain weight! Also avoid tempting sugary fruits from distant lands. If you recognize there is a unique season for everything, you will appreciate these as special treats when they are locally in season!

Run past the bakery. There is nothing there that will not add weight. Substitute recipes for homemade deserts from our cookbook.

In the meat department, look for freshly cut meat and air-chilled poultry. Avoid factory-packaged meat and poultry infused with chemical broth up to 12% of actual weight.

Finally, at the checkout, avoid the treats deliberately positioned to tempt you into last-minute impulse buys.

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Health Treasures of Kansas

If you are at the KU Medical Center in Kansas City and have spare time, visit the Clendenning Library of the History of Medicine. It is loaded with exhibits of historic medical artifacts, displays, and rare books. Most were donated through the generosity of Kansas physicians. Located on the first floor, in the SW corner of the Murphy building, call the librarian at 913-588-7244 before visiting to check hours.

While there, look for the large stained glass window in the lobby, created and donated by Dr. Cohen.



What is “Preventive Medicine”?

Preventive Medicine focuses on early interventions to protect your health before more serious consequences occur. It has been recognized by the AMA since the 1950s as a primary specialty branch of medical practice. Board-Certified physicians practicing Preventive Medicine are specialists who have spent at least four years beyond medical school gaining further training and experience in this field. Completion of an approved residency training program in Preventive Medicine and passing rigorous examinations are all part of demonstrating competency for certification by **The American Board of Preventive Medicine**. Specialists practice Preventive Medicine various settings:

- In clinical settings, providing both teaching and care to patients before significant consequences of disease have occurred.
- In academia, conducting research and teaching physicians, medical students and allied health professionals about disease prevention.
- In government, monitoring health in the public and directing programs designed to prevent disease.
- In Public Health settings, providing care that protects the public from certain forms of disease.

but it is definitely not about promoting magic cures and selling supplements and similar products, practices that seem common in today’s marketplace.

How can we help you?

1. **Preventive Medicine Associates llc** serves Northeast Kansas, focusing on patients who wish to improve their own health through effective lifestyle change with medical guidance and support. We do not replace your primary provider, but work with them. An important focus is the current epidemic of overweight and the health problems it causes. Our patients are taught how to be successful, even when they have failed at weight loss in the past. The program is supervised by Dr. Cohen, who is Board-Certified in Preventive Medicine & Public Health. He obtained his Preventive Medicine training at Johns Hopkins University, where he also served as Chief Resident of Preventive Medicine. In the past, Dr. Cohen was the Deputy Director of a research institute in New York. He has made presentations about dieting methods at scientific forums and published a scientific paper on evaluating weight-loss diets. His program does not involve diet drugs or packaged diet foods.

To schedule an appointment, call:

(785) **783-7779**

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2. Dr. Cohen’s series of books have helped many learn about the **New Hippocratic Diet®** and follow it successfully.

• **Dr. Cohen’s New Hippocratic Diet® Guide: How to really lose weight and beat the obesity epidemic.**
isbn 978-0-9820111-9-5

• **Diabetes Recovery: Reversing diabetes with the New Hippocratic Diet®** isbn 978-0-9820111-0-2

• **Cooking for the New Hippocratic Diet®**
isbn 978-0-9820111-7-1

• **La Nueva Dieta Hipocrática™ del Dr. Cohen: Cómo realmente bajar de peso y vencer la epidemia de la obesidad**
isbn 978-0-9820111-8-8

These are all available at bookstores, online booksellers, our websites and office and at the Health Food Mart at SW 21 & Washburn in Topeka.

3. Our online course is available at:

www.learn2diet.com

That website explains the online course and how to register. Take it at your own pace and in private. It :

- can be completed in 8 hours or less, spreading it out at your own pace.
- provides much of the same instruction that you would receive under Dr. Cohen’s care.
- is also used for teaching when people are under the care of Dr. Cohen or another health professional.
- can be a useful refresher to those who learned the diet in the past.

That same website also contains videos by a number of past dieters, explaining how it worked for them.

Are you interested in helping others?

• As a volunteer at the **Marian Clinic** for about 7 years, Dr. Cohen and many other Topeka physicians have helped those who lack health insurance and the means to obtain needed care. You can join in helping by contributing your money, and if you are a health professional, your time to that worthy cause.

• Dr. Cohen, with the help of several other health professionals, has founded the non-profit (501C-3) **Foundation for Prevention**. Its purpose is to spread the word, by training other in helping to reverse the harm done by this epidemic of overweight. Tax-deductible contributions may be made through our office.

• If you have been a successful dieter, give back by attending our alumni group and encouraging or mentoring others.

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MARK YOUR CALENDARS NOW

Saturday, January 25, 2014

2 events

**1-2 PM Free Public Seminar on
Natural Weight Control
and Long-Term Health**

3-4 PM Alumni Open House

**at the Topeka HyVee
2nd floor Meeting Room**

If you would like to be added to or taken off our mailing list, or have a new address, please let us know at:
newsletter@PreventiveMedicineAssociates.com
or call us at: 785-783-7779

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*beginning in January 2014
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