

Free

An informative, provocative, and essential newsletter...

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The Health Reformer



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Medical Journals Skip Over Prevention

“American doctors and their patients might shift their focus from treatment to prevention if more medical journals published studies on prevention medicine. ... ‘A clear signal about the importance of prevention is conveyed when ... journals and the news media focus on tests and treatment for disease and not on ways to prevent them,’ Dr. Woolf says.

He and Johnson analyzed all of the studies published in 1998 in the prestigious medical journals *The New England Journal of Medicine* and the *Journal of the American Medical Association*. Only 9 percent of the articles focused on prevention and screening, and only 2 percent were about the basics of a healthy lifestyle, one of the keys to preventing disease. For example, there was no study about getting patients to quit smoking. Sixty percent of the articles were about treatment for diseases, epidemiology and scientific experiments.

Their analysis of the two journals also showed that 32 articles were published on HIV treatment, but only four studies published were about preventing sexually transmitted diseases.” *Onhealth (July 24, 2000)*

“...If all would seek to become intelligent in regard to their bodily necessities, sickness would be rare instead of common. An ounce of prevention is worth a pound of cure.” *Selected Messages Vol. 2, p. 291*

“The distinction between prevention and cure has not been made sufficiently important. Teach the people that it is better to know how to keep well than how to cure disease. Our physicians should be wise educators ... The greatest good can be done by our trying to enlighten the minds of all we can obtain access to, as to the best course for them to pursue to prevent sickness and suffering, and broken constitutions, and premature death.” *Medical Ministry, p.p. 221, 222*

Danger Lurks in Some Fish

“An international commission warned states and provinces to better inform residents in the Great Lakes region about the risks of eating contaminated fish, which can harm a developing fetus or child.

... Researchers at the University of Albany in New York conducted studies that found behavioral changes and reductions in intelligence among children of women who ate fish caught in Lake Michigan and Lake Ontario. These children also showed reduced thyroid functions.” *Onhealth (July 28, 2000)*

“In many places fish become so contaminated by the filth on which they feed as to be a cause of disease. This is especially the case where the fish come in contact with

the sewage of large cities. The fish that are fed on the contents of the drains may pass into distant waters, and may be caught where the water is pure and fresh. Thus when used as food they bring disease and death on those who do not suspect the danger.” *Counsels on Diet and Foods, p. 394*

Some health insurers have a profit-over-patient attitude

“Health insurers that continue to invest in tobacco companies have a profit-over-patient attitude, according to a new study by three researchers at Harvard University.

The report, published in ... the *Journal of the American Medical Association*, shows that Prudential Insurance and Cigna, the giant health-maintenance organization, continue to invest money in tobacco firms, despite calls for them to sell those stock holdings. In fact, Prudential has increased its stock holdings in tobacco to \$892 million in the last four years – and increase of almost 400 percent. Some mutual funds also are large tobacco shareholders.

‘A health insurer that buys tobacco stocks cares more about profits than the health of its patients,’ says lead author Dr. Wesley Boyd. ‘Teachers, physicians and those who invest their savings in mutual funds are unwitting accomplices in causing 400,000 tobacco deaths a year.’

The report lists health insurers’ tobacco holdings as:

- Prudential Insurance has \$435 million in Philip Morris, almost \$320 million in Loews stock and \$135 million of RJ Reynolds.
- MetLife has 55 million invested in Philip Morris and almost \$7 million in Loews.
- Cigna, the giant HMO, owns over \$38 million in Philip Morris stocks and \$4 million in Loews stocks.
- Fidelity has 6.6 billion in Philip Morris, which the researchers say represents 8 percent of the company, plus \$23 million of RJ Reynolds stock.
- Vanguard has stock in four major tobacco companies, including \$1.1 billion in Philip Morris.
- TIAA-CREF also has stock in four companies, with \$732 million in Philip Morris.
- Sanford Bernstein has \$912 million in Philip Morris stock and \$135 million in RJ Reynolds.

Dr. Quentin Young, national coordinator of

(Over, please)

Physicians for a National Health Program, a non-profit organization based in Chicago with 9,000 members, urges people to protest those investments in tobacco companies. 'It's time to push insurers and mutual funds to kick their deadly habit,' he says." *Onhealth (Aug. 9, 2000)*

What about investments in alcohol companies? It's exactly the same situation. "Every year millions upon millions of gallons of intoxicating liquors are consumed. Millions upon millions of dollars are spent in buying wretchedness, poverty, disease, degradation, lust, crime, and death. For the sake of gain, the liquor seller deals out to his victims that which corrupts and destroys mind and body." *The Ministry of Healing, p. 338*

Are we directly or indirectly making money in the tobacco or liquor traffic? Is our money stained with blood? Is a curse upon it?

Aids Cases Steady in U.S.; No Drop

"Speaking at the conference, Dr. Helene Gayle, director of the National Center for HIV, STD, and TB Prevention at the Centers for Disease Control and Prevention is to report that HIV and AIDS cases and deaths are holding steady in the United States after experiencing a sharp drop. 'Despite the dramatic benefits new treatments have had in extending the lives of individuals with HIV, the overall shortfalls of AIDS treatments are becoming increasingly apparent, and HIV infection and risk behavior continues at levels far too high,' Dr. Gayle said in prepared comments for a *Journal of the American Medical Association* press conference.

... It's estimated that about 40,000 Americans become infected with HIV each year, and 2 percent to 4 percent of the U.S. adult population remains at high risk, the CDC found in its study of current data. People are considered at high risk if they exchange sex for money or drugs, have sex with persons known to be HIV-infected, injected drugs in the last three years, had male-to-male sexual contact, or had six or more sexual partners the previous year. (Special note: "Some of the most sobering research comes from the AIDS literature. A number of research studies suggest that alcohol use increases the risk of AIDS. Certainly, alcohol weakens one's judgment so that proper precautions to avoid virus exposure may not occur.")

Neil Nedley, M.D., Proof Positive, p. 430

... Prevention programs have helped, Dr. Gayle reported, and HIV testing has increased in the U.S. But the stabilization of AIDS in this country, she says, needs to change to a decline. 'While we are pleased that we have been able to maintain progress and prevent increases in HIV infection in recent years,' Dr. Gayle said, 'we are allowing far too many infections to continue.' *Onhealth (July 10, 2000)*

Nonsmokers live longer, recover faster

"According to Dr. Wilma J. Nusselder of Erasmus University Rotterdam and colleagues, ... nonsmokers spend fewer years being sick than smokers. And when they do get sick, nonsmokers recover faster, according to the report published in the *Journal of Epidemiology and Community Health*.

The researchers estimate that men who quit smoking at age 30 will gain 2.5 years of illness-free living and women will gain 1.9 years compared to an overall life expectancy gain of 1.6 years for men and 0.8 years for women. The authors note that the effects of quitting smoking at age 70 were also positive but smaller." *Thriveonline (July 19, 2000)*

Domestic violence tied to alcohol

"Men who abuse alcohol and drugs tend to batter their wives and girlfriends more often than others, studies show.

... One domestic violence study at eight emergency departments around the country looked at 915 injured women, including 256 hurt by husbands or male partners. The women were asked about the habits and lives of the men.

... The ... study found more than three times the risk of domestic violence when husbands or male partners abuse alcohol or drugs, go in and out of jobs, or break up with the women.

'This study offers the strongest evidence so far that links alcohol abuse by the male partner with domestic violence,' said Dr. Demetrios N. Kyriacou of Olive View-UCLA Medical Center, the lead researcher." *USA Today (Dec. 1, 1999)*

"Look upon the drunkard's home. Mark the squalid poverty, the wretchedness, the unutterable woe that are reigning there. See the once happy wife fleeing before her maniac husband. Hear her plead for mercy as the cruel blows fall on her shrinking form. Where are the sacred vows made at the marriage altar? Where is the love to cherish, the strength to protect her now? Alas, these have been melted like precious pearls in the fiery liquid, the cup of abominations!" *Temperance, p. 31*

A man who really loves his wife and children will never touch one drop of alcohol.

A special message from THE HEALTH REFORMER:

• Next month, Sunday, September 17, we will set up **The Health Reformer's booth** at the DePaul University's annual Welcome Week program – THE INVOLVEMENT FAIR. We will be there to distribute FREE material on drug-use prevention and healthful living. Please, contact us if you would like to help or if you are interested in having our booth at your next special event.

• We have made several additions to the HEALTH REFORMER's website. We now have a FREE bumper stickers section. We also have added a page on "helpful literature." Check it out at:

www.healthreformer.org

• We encourage everyone—parents, hospitals, schools, businesses and churches included—to subscribe to THE HEALTH REFORMER. It's FREE! Special thanks to those who have already subscribed to our newsletter.

• We would really appreciate it if all our readers can help us in promoting our newsletter and website among those they come in contact with. Thanks.

• Write to us, or call us. Your comments and suggestions are very important to us.

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Director