

Facts and ideas from anywhere



William C. Roberts, MD

SCIENTIFIC HUMILITY

Belief in the protective powers of hormonal therapy was just overturned (1–6). The massive study of hormone replacement therapy in postmenopausal women had to be halted 3 years early because the estrogen-progestin combination appeared to cause an alarming increase in the frequency of invasive breast cancer, thrombosis, stroke, and heart attack. The pure-estrogen arm will continue. When the

announcement was made, Wyeth Pharmaceuticals lost 24% of its value in 1 day. Thus, hormone replacement therapy in postmenopausal women joins tonsillectomy, antibiotics for ear infections, leeching, bleeding, lobotomies, and shock therapy for psychiatric disorders as common therapies eventually shown to be unnecessary or harmful. The belief that peptic ulcer disease was secondary to excessive acid in the stomach and/or stress has also vanished. Fetal tissue transplants for degenerative diseases and angiogenesis inhibitors as anticancer drugs have yet to pan out. Whether regenerative medicine via stem cells and cloning will turn out favorably is as yet unclear. There is no need for arrogance in medicine.

DRINKING WATER AND POLLUTION

The recently published Global Environment Outlook 3, a 450-page United Nations document (www.unep.org/geo/), indicates that about half of the world's rivers now are seriously depleted and polluted and that one third of the world's population is dependent on ground water, with the levels of ground water falling (7). By 2032, more than half the global population will face water shortages, 10% higher than the proportion predicted in 1995. Worst affected will be the people living in the Middle East—where oil resources, of course, are largest in the world but where 95% of the population is forecasted to face water shortages. By 2032, over 70% of the earth's land surface could be affected by the impact of roads, mining, cities, and other infrastructure developments made to satisfy the global population set to increase by 2 billion over the next 30 years. Although the number of people being served by better water facilities has increased from 4.1 billion in 1990 to 4.9 billion in 2000, 1.1 billion people in the developing world still have no access to safe drinking water, and 2.4 billion people currently lack adequate sanitation facilities. As a consequence, 4 billion cases of diarrhea and 2.2 million deaths occur each year. Intestinal worms affect 10% of the people in the developing world, 6 million people are

blind from trachoma, and some 200 million people are affected by Schistosoma (Bilharzia).

TRASH

It's almost trite to say that public health activities such as garbage collecting have done more good for humankind than physicians have ever been able to do. Our government leaders encourage economic growth, but as the economy grows so does the quantity of trash. New York City collects 11,000 tons of trash daily from its residences alone, and the city has no more space to dispose of it (8). It is now carrying trash to Pennsylvania and Virginia, and there is even talk of sending it to a Caribbean island. And what about nuclear waste? No state wants it stored in its acreage, and other states don't even want nuclear waste to travel through their borders. The waste management industry has talked of a cleaner and safer incinerator that will produce energy without creating tons of toxic residue, but that technology has not yet arrived and whether it actually will is unclear. Expanding the recycling programs, decreasing the amount of packaging, and encouraging composting have all been suggested as useful endeavors, but these are only small solutions to a much bigger problem. More buying means more trash, which means more pollution.

MORE ON STATINS

Statins have been available in the USA since 1987, and yet 15 years later most patients who have had atherosclerotic events and/or diabetes mellitus or who are at high risk for atherosclerotic events are not on statin therapy despite its proven benefit in decreasing first and repeat atherosclerotic events. The following are my recommendations for increasing the numbers of patients on statin therapy.

1. *Shift the emphasis from secondary prevention and diabetes mellitus to primary prevention.* Do not wait to start statin therapy until after an atherosclerotic event has occurred or diabetes mellitus has appeared. By the time either has appeared, one or more major epicardial coronary arteries are narrowed >75% in cross-sectional area by atherosclerotic plaque. Guidelines for lipid-lowering therapy, formulated by the adult-treatment panel of the National Cholesterol Education Committee in 1988 and revised in 1993 and in 2001, are based on decreasing the risk of developing first and repeat atherosclerotic events. Because it is rarely genetic in origin (the familial variety is present in only about 1 in 500 people), atherosclerosis in my view needs to be approached not primarily from the standpoint of decreasing risk but from the standpoint of actually preventing and/or arresting plaque formation. Pediatricians do not talk in terms of decreas-

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Mike Jess



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