



KEN HERRERA VOICE AND WRITING

TECHNICAL WRITING

A Note from Ken: These were written from researching extremely technical articles in such publications as JAMA (Journal of the American Medical Association) with concepts brought down to terms that the average person could understand. Dr. Bragman was a featured performer on CNN radio and a number of television stations, using these 60 second scripts.

HIGHER BLOOD GLUCOSE LEVELS MAY INCREASE YOUR RISK OF DEVELOPING CANCER. WITH A PRESCRIPTION FOR HEALTH, I'M DR. JIM BRAGMAN. A EUROPEAN STUDY OF MORE THAN HALF A MILLION PEOPLE INDICATES HYPERGLYCEMIA MAY BE A FACTOR IN THE DEVELOPMENT OF CERTAIN CANCERS. A PERSON WHO IS HYPERGLYCEMIC CARRIES TOO MUCH GLUCOSE IN THEIR BLOOD PLASMA. RESEARCHERS FOUND THOSE WITH THE CONDITION WERE AT A SIGNIFICANTLY HIGHER RISK OF DEVELOPING CANCER. THIS WAS TRUE IN BOTH MEN AND WOMEN AND THE RISK WENT UP AS BLOOD GLUCOSE LEVELS INCREASED. IN MEN THE RISK OF LIVER, GALLBLADDER AND RESPIRATORY TRACT CANCERS WERE HIGHER AS WERE THE RISKS OF THYROID, RECTAL AND COLON CANCERS. IN WOMEN RISKS WERE HIGHER FOR STOMACH, BLADDER, CERVICAL AND UTERINE CANCERS. THE TREATMENT OF HYPERGLYCEMIA INVOLVES IDENTIFYING AND TREATING THE UNDERLYING CAUSE, INCLUDING DIABETES. ACUTE HYPERGLICEMIA CAN BE TREATED IN MOST CASES BY THE DIRECT ADMINISTRATION OF INSULIN UNDER MEDICAL SUPERVISION. WITH A PRESCRIPTION FOR HEALTH, I'M DR. JIM BRAGMAN.

IF YOU ARE OBESE YOU ARE AT RISK OF SUFFERING STROKE AND IT DOESN'T MATTER WHERE YOU CARRY THE FAT. WITH A PRESCRIPTION FOR HEALTH, I'M DR. JIM BRAGMAN. FOR YEARS WE'VE HEARD THAT FAT CARRIED IN THE ABDOMEN IS THE MOST DANGEROUS KIND WHEN IT COMES TO HEART DISEASE. THAT MAY BE THE CASE, BUT WHEN IT COMES TO ISCHEMIC STROKE IT DOESN'T MATTER HOW YOU MEASURE OBESITY: IT IS A SIGNIFICANT RISK FACTOR FOR MEN AND WOMEN, FOR BLACK AND WHITES. A NEW STUDY USED ALL 3 COMMON MEASURES OF OBESITY, BODY MASS INDEX, WAIST CIRCUMFERENCE, AND WAIST TO HIP RATIO TO DETERMINE ANY LINK BETWEEN OBESITY AND STROKE. IN ALL THREE CASES THOSE WHO WERE OBESE WERE ALSO AT INCREASED RISK. THE STUDY SHOULD SERVE TO REINFORCE THE MESSAGE THAT CONTROLLING YOUR WEIGHT IS THE BEST WAY TO LOWER YOUR RISK OF STRIKE WHILE ALSO PREVENTING HIGH BLOOD PRESSURE AND DIABETES. THE FULL STUDY APPEARS IN THE JOURNAL "STROKE" AND HAS ALREADY BEEN PUBLISHED ONLINE. WITH A PRESCRIPTION FOR HEALTH, I'M DR. JIM BRAGMAN.

ANOTHER REPORT THAT SHOWS IT PAYS TO EXERCISE EVEN IN YOUR GOLDEN YEARS. WITH A PRESCRIPTION FOR HEALTH, I'M DR. JIM BRAGMAN. GERMAN RESEARCHERS SAY MODERATE TO HIGH PHYSICAL ACTIVITY IS CLEARLY ASSOCIATED WITH A LOWER DECLINE IN COGNITIVE ABILITY. IT'S NOT THE FIRST STUDY TO REACH THIS CONCLUSION, EARLIER STUDIES FOCUSED ON WOMEN OVER 65 AND ANOTHER STUDY FOCUSED ON MEN OVER THE AGE OF 71. IN ALL CASES EXERCISE WAS GOOD FOR THE BODY AND FOR THE BRAIN. IN THE CASE OF MEN OVER 71 A RECENT REPORT CONCLUDED THOSE WHO WALKED LESS THAN A QUARTER MILE EACH DAY WERE NEARLY TWICE AS LIKELY TO DEVELOP DEMINTIA AS THOSE WHO WALKED MORE THAN TWO MILES PER DAY. THE MOST RECENT STUDY FROM GERMAN LOOKED AT PEOPLE OVER THE AGE OF 55 AND REACHED CONCLUSIONS THAT ARE SIMILAR TO THOSE EARLIER REVIEWS. THE CLEAR MESSAGE FROM ALL OF THESE STUDIES IS THAT IT IS IMPORTANT THAT WE KEEP MOVING AS WE AGE. DOCTORS ARE ENCOURAGED TO ASK PATIENTS ABOUT THEIR PHYSICAL ACTIVITY AND TO ENCOURAGE THEM TO PERFORM SOME KIND OF REGULAR PHYSICAL EXERCISE, EVEN IF IT'S AS SIMPLE AS WALKING AROUND THE BLOCK A FEW TIMES. WITH A PRESCRIPTION FOR HEALTH, I'M DR. JIM BRAGMAN.