

## **INSIDE:**

### **What doctors at the world's #1 hospital know that can help you live a longer and healthier life....**

- ▶ 3 ways to prevent Lyme disease.
- ▶ Why smoking is bad for your knees.
- ▶ Can a drink a day prevent Alzheimer's?
- ▶ Top 5 ways to boost "good" cholesterol.
- ▶ Surprising news about coffee and colon cancer.
- ▶ Foot-care tips for diabetics.
- ▶ Throw your specs away after cataract surgery.
- ▶ Eat your way to lower blood pressure.
- ▶ New prostate cancer vaccine.
- ▶ 11 ways to reduce risk of heart attack.



JOHNS HOPKINS  
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Johns Hopkins White Papers

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Code

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*News from Johns Hopkins Hospital....*

## Here's what doctors at America's #1 hospital know that can help you live a longer and healthier life.

Dear Health-Conscious Reader:

If you suddenly became ill...and location or money was not an issue... wouldn't you rather be treated at the number-one hospital in the country?

Of course you would.

Well, according to *U.S. News & World Report's* annual ratings of the "best of the best," Johns Hopkins has been ranked "#1 U.S. hospital" for 21 years in a row.

(The School of Medicine is the largest recipient of biomedical research funds from the National Institutes of Health, receiving \$334 million.)

If you walked in the front door of Johns Hopkins Hospital today, you could discuss your arthritis pains with Dr. John A. Flynn...your diabetes with Dr. Christopher Saudek...your high blood pressure with Dr. Lawrence Appel... and your depression with psychiatrist Dr. Karen Swartz — some of the top practitioners in their respective specialties.

Well, living far away from Johns Hopkins Hospital, you probably can't see these world-class doctors one-on-one. But now you can benefit from their leading-edge medical wisdom and in-depth experience. Introducing ...

### ...The Johns Hopkins White Paper Series.

Each year, we ask our top practitioners in a over a dozen medical specialties — everything arthritis and Alzheimer's Disease to osteoporosis and prostate disorders — to prepare, for the general public, a white paper on the important health care topic they know best.

Up to 96 pages in length each, *The Johns Hopkins White Papers* give you authoritative, practical, up-to-the-minute recommendations, advice, and research to help you avoid illness and stay healthy — written in clear, easy-to-read English, not medical jargon.

Topics include:

- ▶ Arthritis.
- ▶ Hypertension and stroke.
- ▶ Back pain and osteoporosis.
- ▶ Lung disorders.
- ▶ Memory.
- ▶ Prostate disorders.

- ▶ Coronary heart disease.
- ▶ Nutrition and weight control.
- ▶ Depression and anxiety.
- ▶ Diabetes.
- ▶ Digestive disorders.
- ▶ Vision.
- ▶ Heart attack prevention.

In each *White Paper*, you'll find a thorough review of the condition, its causes, and symptoms...treatment options with a Johns Hopkins recommendation on each...reviews of new research and the latest studies...drugs used to treat the condition and their side effects...a glossary...hospitals that specialize in the disorder...quick-reference index...additional resources...and more.

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Mike Cunnion, Publisher

P.S. At just \$19.95 plus \$1.95 shipping and handling each, the Johns Hopkins Hospital *White Papers* are one of the most relevant — as well as the most affordable — sources of timely and authoritative health and wellness advice, information, and guidance.

If you want to benefit from a complete home health library, and order all 13 *White Papers*, then shipping and handling are FREE. That way, you save over \$25. Same 100% money-back guarantee of satisfaction, of course. It's our best deal!

#### **More than 100 Years of John Hopkins "firsts"**

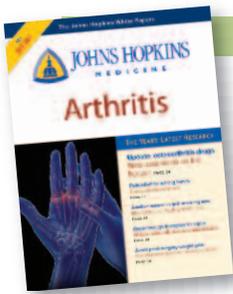
- |   |  |
|---|--|
| <p><b>1897</b> The first American use of x-rays in surgery</p> <p><b>1913</b> First model of renal dialysis</p> <p><b>1944</b> First "blue baby" operation ushers in the era of heart surgery</p> <p><b>1960</b> Pioneering work in bone marrow transplantation</p> <p><b>1969</b> First use of laser to prevent blindness</p> <p><b>1982</b> Nerve-sparing surgery for prostate cancer</p> <p><b>1984</b> First use of genetically engineered t-PA to stop a heart attack</p> <p><b>1995</b> Helped develop the first effective treatment for sickle cell anemia</p> | <p><b>2000</b> Used stem cell grafts to restore movement to limbs of paralyzed animals, a major advance in efforts to overcome paralysis in humans</p> <p><b>2002</b> Discovered the first screening test for the earliest and most curable stage of colon cancer.</p> <p><b>2004</b> Created new surgical technique even less invasive than standard laparoscopy</p> <p><b>2006</b> Discovered the enzyme telomerase, believed to play a role in everything from aging to cancer.</p> |
|---|--|

# News from Johns Hopkins Hospital...

Now doctors at America's #1 hospital can help YOU live a longer and healthier life...  
...with the 2011 Johns Hopkins White Papers.

- ▶ Discover new remedies and treatments.
- ▶ Discuss the latest thinking with your doctors.
- ▶ Become a more informed health care consumer.
- ▶ Take control of your own wellness.
- ▶ Stay healthier and live longer.
- ▶ Get health tips even medical professionals might miss.
- ▶ Know what's in store for your future health.

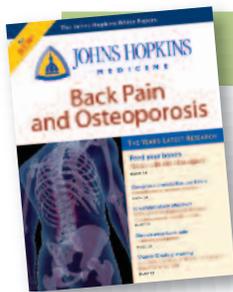




## Arthritis: White Paper #001081

**Overview:** About one out of every five – or approximately 46 million Americans – has been diagnosed with arthritis or has chronic joint symptoms such as pain and stiffness. The economic cost of arthritis in the United States for medical care and lost wages combined is almost \$128 billion annually. **Covers:**

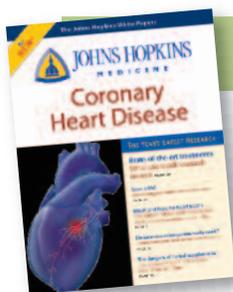
- ▶ What to do when arthritis strikes your ankles. Page 30.
- ▶ 8 non-steroidal anti-inflammatory drugs that can reduce arthritis pain – and the side effects of each. Page 18.
- ▶ Can getting a suntan reduce your risk of arthritis? Page 5.
- ▶ Treat hip osteoarthritis with Botox. Page 23.
- ▶ The 7 symptoms of rheumatoid arthritis. Page 44.
- ▶ Why glucosamine and chondroitin don't work. Page 64.
- ▶ New therapies for lupus patients. Page 70.
- ▶ 3 ways to prevent Lyme disease. Page 75.
- ▶ 8 exercises for arthritic hands that can increase your dexterity. Page 15.
- ▶ Why the FDA is withholding arthritis cures from you. Page 24.
- ▶ Is joint replacement surgery dangerous? Turn to page 32 for the startling answer.
- ▶ Can taking a tai chi class reduce your joint pain? Page 35.



## Back Pain and Osteoporosis: White Paper #012088

**Overview:** Four out of five adults experience significant lower back pain at some point in their lives. About 10 million Americans, 20% of them men, have osteoporosis. Osteoporosis-related fractures account for \$19 billion in hospital and nursing home costs each year. **Covers:**

- ▶ 14 common causes of back pain – and what to do about each. Starts on page 2.
- ▶ How wearing a patch on your skin can increase bone density up to 5%. Page 71.
- ▶ 5 smart strategies to prevent back strain. Page 20.
- ▶ Easy way to avoid surgery for herniated disk. Page 32.
- ▶ 7 alternative therapies for treating lower back pain. No MD required. Page 26.
- ▶ Could the cause of your back pain be scoliosis? How to tell. Page 12.
- ▶ 7 yoga positions that can give you back pain relief. Page 22.
- ▶ Osteoporosis drug reduces breast cancer risk 30%. Page 67.
- ▶ 10 factors that put you at risk for osteoporosis. Page 46.
- ▶ How to treat osteoporosis in men. Page 70.
- ▶ Avoid these complications from vertebral compression fracture surgery. Page 72.
- ▶ Have neck pain? 8 symptoms that mean you should see your doctor right away. Page 43.

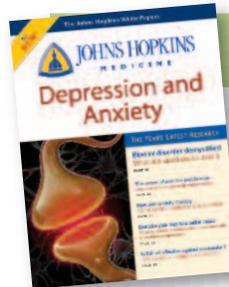


## Coronary Heart Disease: White Paper #003087

**Overview:** Coronary heart disease occurs when the arteries that carry blood to the heart become narrowed by the buildup of deposits called plaques within the artery walls. More than 17 million Americans suffer from this health problem. **Covers:**

- ▶ How fish can keep your heart healthy. Page 27.

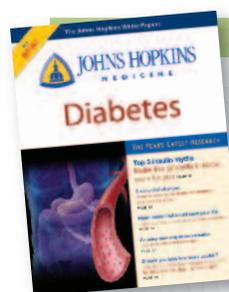
- ▶ Hidden dangers for coronary heart disease (CHD) patients in taking herbal remedies. Page 59.
- ▶ Can anxiety cause heart failure? Page 66.
- ▶ Simple surgery relieves CHD without removing plaque. Page 52.
- ▶ How to reduce your risk of blood clot. Starts on page 44.
- ▶ Is eating sugar bad for your heart? Page 33.
- ▶ 4 ways eating nuts can reduce your risk of CHD. Page 27.
- ▶ Steps that can save your life if you have a heart attack. Page 23.
- ▶ 11 ways to accurately diagnose CHD. Does your physician know them all? Page 18.
- ▶ Reduce your risk of heart attack with a toothbrush. Page 6.
- ▶ The 3 early warning signs of angina. Page 5.
- ▶ Eating this kind of meat can increase your risk for CHD and diabetes. Page 25.



## Depression and Anxiety: White Paper #004085

**Overview:** In any given year, about one in four Americans develops at least one mental health disorder. Depression and other mental health disorders were responsible for 156 million visits to doctors, clinics, and hospital outpatient departments in 2005, the most recent year for which these statistics were accurately compiled. **Covers:**

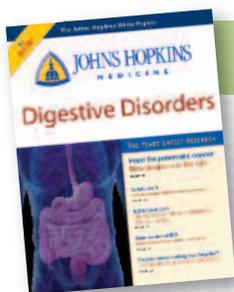
- ▶ The 9 symptoms of major depression. Page 6.
- ▶ Types of bipolar illness and how to treat each. Begins on page 10.
- ▶ Should you take antidepressants? Answer on page 18.
- ▶ 4 ways to think more positively. Page 46.
- ▶ Make yourself less depressed in 30 minutes a day. Page 53.
- ▶ 10 signs you're having a panic attack. Page 56.
- ▶ How a fish can make you less depressed. Page 49.
- ▶ Considering psychotherapy? 8 types you can choose from. Page 44.
- ▶ 11 early warning signs that a person is suicidal. Page 16.
- ▶ Medical conditions that can trigger depression. Page 4.
- ▶ Can antidepressants increase suicide risk? Shocking answer on page 23.
- ▶ Can depression make you fat? Page 15.



## Diabetes: White Paper #005082

**Overview:** Diabetes is a chronic disease in which high levels of blood sugar build up in the bloodstream, causing insufficient production of insulin by the pancreas or resistance of the body's tissues to insulin – or both. There are 25.8 million diabetics in America and 79 million pre-diabetics. **[DB] Covers:**

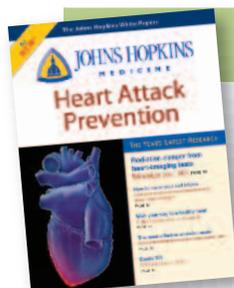
- ▶ The 6 types of insulin. Which is right for you? Page 47.
- ▶ Are you at risk for foot amputation? Shocking answer on page 76.
- ▶ Must you continue to take your insulin for life? Page 47.
- ▶ How to avoid kidney damage from diabetes. Page 67.
- ▶ Precautions to ensure you don't lose your eyesight. Page 71.
- ▶ Why taking heart medications can save your life – even if you don't have heart disease. Page 60.
- ▶ Why 63% of adult diabetics check their blood glucose at least once a day. Page 24.
- ▶ How to treat your hypoglycemia. Page 55.
- ▶ How to control blood glucose levels without insulin injections. Page 35.
- ▶ 6 lab tests doctors should give all of their diabetic patients. Page 17.
- ▶ 3 easy ways to prevent diabetes. Page 11.



## Digestive Disorders: White Paper #010082

**Overview:** A wide array of disorders can affect your digestive tract, a long tube of organs that begins at your mouth and ends at your anus. Over 70 million Americans have digestive disorders which prompt nearly 60 million visits to doctors' offices and hospitals each year. Covers:

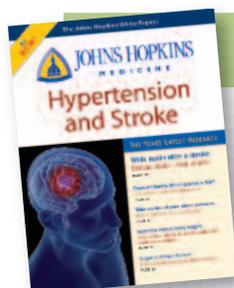
- ▶ Most effective food for getting rid of constipation. Page 45.
- ▶ 6 promising therapies for treating irritable bowel syndrome (IBS). Page 64.
- ▶ Best immunosuppressant drug for treating Crohn's disease. Page 55.
- ▶ 5 most common causes of fecal incontinence. Page 71.
- ▶ Are your digestive medications making you senile? Page 72.
- ▶ What to do about a hemorrhoid that does not go away on its own. Page 68.
- ▶ Best laxative for treating constipation. Page 45.
- ▶ Common prescription medicine can cause diarrhea. Page 48.
- ▶ Can a gluten-free diet repair the small intestine? Page 53.
- ▶ How to treat ulcerative colitis. Page 62.
- ▶ Can St. John's wort help treat irritable bowel syndrome? Page 67.
- ▶ Heal anal fissures without surgery. Page 70.



## Heart Attack Prevention: White Paper 020082

**Overview:** This year, about 785,000 people in the United States will have a heart attack for the first time and another 470,000 will have a repeat heart attack. In about one-fifth of cases, the heart attack, the leading cause of death among Americans, will be fatal. Covers:

- ▶ The 4 early warning signs of a heart attack – and the quick-action steps to take. Page 7.
- ▶ How to reduce the danger from radiation used to do heart imaging tests. Page 30.
- ▶ When should your doctor recommend coronary bypass surgery? Page 64.
- ▶ Breakthrough medications for heart attack prevention. Page 58.
- ▶ What's worse for your heart – a Big Mac or a BK Big Fish sandwich? Answer on page 39.
- ▶ 11 risk factors for heart attack that you can control. Page 13.
- ▶ How to calculate your risk of a heart attack. Page 10.
- ▶ Why elderly people are having fewer heart attacks. Page 5.
- ▶ Top 10 hospitals for heart surgery. Page 69.
- ▶ Is implanting a stent in your artery safe? Page 62.
- ▶ This vitamin increases the level of HDL "good" cholesterol up to 35%. Page 54.
- ▶ Can you reduce your risk of heart attack by getting a flu shot? Page 46.

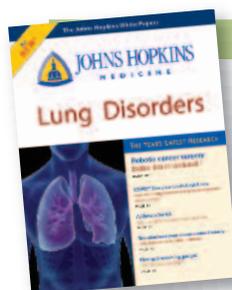


## Hypertension and Stroke: White Paper #006080

**Overview:** High blood pressure – hypertension – affects 74.5 million Americans and is a major risk factor for stroke, heart attack, and kidney failure. In fact, three out of four people who have a stroke have hypertension. Covers:

- ▶ Are strokes hereditary? Answer on page 45.
- ▶ 8 steps you can take at home to lower your blood pressure. Page 18.
- ▶ Best web sites for tracking your blood pressure readings. Page 35.

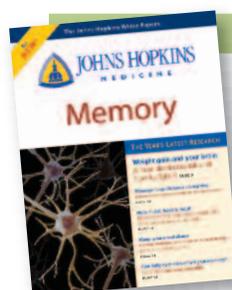
- ▶ 3 simple steps to calculating your risk of a stroke. Page 46.
- ▶ How to regain your walking ability after a stroke. Page 72.
- ▶ Commonly used drugs for lowering blood pressure. Starts on page 26.
- ▶ "DASH" diet lowers hypertension – meal plan on page 20.
- ▶ Why diabetics should not take beta-blockers. Page 33.
- ▶ Is it more dangerous to have a stroke on a weekend than a weekday? Page 61.
- ▶ How to remove plaque from your carotid artery. Page 62.
- ▶ How a bathroom scale can reduce your risk of stroke. Page 50.
- ▶ Can drinking in moderation lower your blood pressure? The answer is not what you think. Page 36.



## Lung Disorders: White Paper #019083

**Overview:** Respiratory disorders serious enough to cause long-term breathing problems are common. Almost 400,000 Americans die of lung diseases every year, and over 35 million are now living with chronic lung disease. Covers:

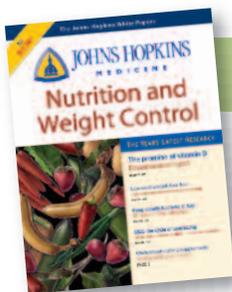
- ▶ Simple self-assessment shows you whether you have a cold or the flu. Page 65.
- ▶ Can the new "electronic cigarettes" reduce your risk of lung disease? Page 24.
- ▶ How to double your chances of surviving lung cancer. Page 47.
- ▶ Can removing dust mites from your home improve your asthma? Answer on page 11.
- ▶ The 5 warning signs of respiratory disorders. Page 4.
- ▶ Can sleep apnea increase your risk of stroke? Page 39.
- ▶ The only effective way to prevent pulmonary embolism. Page 58.
- ▶ The vitamin that can cut your risk of colds and flu in half. Hint: It's NOT vitamin C or E. Page 61.
- ▶ How to buy the right home oxygen system for you. Page 32.
- ▶ Tips for avoiding chronic obstructive pulmonary disease (COPD). Page 23.
- ▶ Why a robot may assist in performing your lung surgery. Page 52.
- ▶ Should you get a flu shot? Surprising answer on page 62.



## Memory: White Paper #015081

**Overview:** Memory loss can range from age-related impairment to several types of dementia that adversely affect memory, judgment, and abstract thinking. Alzheimer's disease, the most common form of dementia, affects 5.3 million Americans and is the sixth leading cause of death in the United States. Covers:

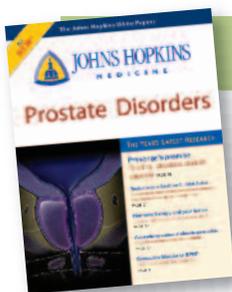
- ▶ Will lowering your blood pressure reduce your risk of Alzheimer's? Page 10.
- ▶ Your prescription medications can cause you to lose your memory. But here's a way to avoid this trap. Page 28.
- ▶ 7 ways to protect yourself against head injury.
- ▶ Can ginkgo biloba improve your memory? Page 23.
- ▶ Help Alzheimer's patients remember more by singing to them. Page 49.
- ▶ Dementia and driving: when to stop. Page 61.
- ▶ 12 steps you can take to avoid dementia. Page 18.
- ▶ Choose the right nursing home for an Alzheimer's patient. Page 62.
- ▶ Legal issues for dementia patients. Page 50.
- ▶ 10 early warning signs of the onset of Alzheimer's. Page 46.
- ▶ Can moderate drinking keep your mind sharp? Page 17.
- ▶ 7 nutritional supplements that may prevent dementia. Page 12.



## Nutrition and Weight Control: White Paper #007088

**Overview:** According to the Center for Disease Control, only 24% of adults consume the minimum five serving of fruits and vegetables each day. In addition, two out of three Americans are overweight or obese. Covers:

- ▶ 12 ways to protect yourself from food-borne illness. Page 38.
- ▶ Are you overweight or obese? How to calculate your body mass index (BMI). Page 53.
- ▶ 10 ways to avoid overeating. Page 54.
- ▶ The awful truth about high-fructose corn syrup. Page 57.
- ▶ 10 proven strategies for losing weight. Page 58.
- ▶ How much water must you drink a day to lose weight? Hint: It's less than you've been told. Page 61.
- ▶ 5 risk factors for obesity that you can change. Page 51.
- ▶ 10 steps to adopting a low-fat, high-complex-carbohydrate diet. Page 61.
- ▶ How to double your weight loss with a pencil. Page 46.
- ▶ 3 steps to getting more phytochemicals in your diet. Page 37.
- ▶ How to get your antioxidants from the foods you eat – without dietary supplements. Page 34.
- ▶ 9 steps to reducing sodium and potassium in your diet. Page 30.

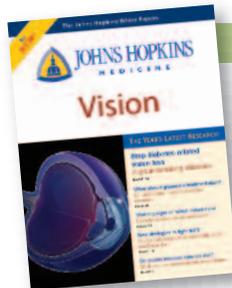


## Prostate Disorders: White Paper #008086

**Overview:** Approximately one out of three men ages 50 to 69 has overgrowth of prostate tissue, called benign hyperplasia (BPH). In 2010, an estimated 218,000 were diagnosed with prostate cancer, which is the second most common cancer in American men. Covers:

- ▶ How to choose the right prostate cancer treatment for you. Page 43.
- ▶ 7 questions to ask before you seek treatment for benign hyperplasia (BPH). Page 13.
- ▶ Why this prostate treatment puts you at greater risk for osteoporosis. Page 70.

- ▶ 4 ways to overcome erectile dysfunction. Page 69.
- ▶ How an icicle can help get rid of your prostate cancer. Page 55.
- ▶ 8 prescription medications that can help treat your BPH. Page 20.
- ▶ Simple surgical procedure alleviates symptoms in 90-95% of men with severe BPH. Page 19.
- ▶ 7 foods that can trigger an overactive bladder. Page 7.
- ▶ Your PSA level is abnormally high. But it may not be cancer. What to do next. Page 28.
- ▶ 6 ways to slow or even halt the progression of prostate disease. Page 29.
- ▶ Best treatment for prostate cancer is also the easiest. Page 46.
- ▶ Will a radical prostatectomy make you impotent? Page 53.



## Vision: White Paper #011080

**Overview:** The most common eye diseases in people over age 50 are cataracts, glaucoma, age-related macular degeneration, and diabetic retinopathy. Yet 50% of adults with vision impairment reported they had not seen an eye-care specialist for at least a year. Covers:

- ▶ How to prevent diabetic retinopathy. Page 54.
- ▶ Can a "bionic eyeball" help patients with macular degeneration see more clearly? Page 47.
- ▶ 4 reasons why patients don't take their medicine – and 3 good ways to remember to do so. Page 30.
- ▶ Common condition can permanently damage your eyes in one to two days unless you act swiftly. Page 20.
- ▶ 5 ways to tell whether you have glaucoma. Page 23.
- ▶ Can smoking cigarettes make you blind? Page 39.
- ▶ 3 ways to diagnose age-related macular degeneration (AMD). Page 44.
- ▶ How diabetics can protect their vision. Page 52.
- ▶ Reduce risk of vision loss with this low-dosage steroid. Page 55.
- ▶ The leading cause of blindness is the United States. Are you safe from it? Page 56.
- ▶ Delay the onset of AMD by eating baked or broiled fish. Page 40.
- ▶ FDA approves breakthrough drug for treating AMD. Page 57.

## About Johns Hopkins Hospital and the *White Paper Series*

*U.S. News & World Report* has ranked Johns Hopkins Hospital as the #1 hospital in America for 21 consecutive years. For over 2 decades, Hopkins has been singled out for its reputation and expertise, quality of health care, and contributions to medical science.

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- ▶ #1 nationwide in ear, nose, and throat.
- ▶ #1 in gynecology.
- ▶ #1 in rheumatology.
- ▶ #1 in urology.
- ▶ #2 in geriatrics.
- ▶ #2 in psychiatry.
- ▶ #2 in ophthalmology.
- ▶ #2 in neurology and neurosurgery.

- ▶ #3 in cancer.
- ▶ #3 in digestive disorders.
- ▶ #3 in endocrinology.
- ▶ #3 in pediatrics.
- ▶ #3 in respiratory disorders.
- ▶ #4 in heart.

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