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Better utilization of preventive services could save over 100,000 US lives per year

A study published by the Partnership for Prevention, funded in part by the US Centers for Disease Control, concluded that increasing the use of only five preventive services could save the lives of more than 100,000 Americans per year. Utilization of these services by more citizens would also increase the value of the dollars spent by the US on health care services by providing greater value in terms of a reduction of illness and premature death.

Preventive services evaluated in the report were initiated or provided by physicians, rather than measures that individuals decide to practice in their personal lives to prevent disease, such as eating a healthier diet. The most outstanding preventive service identified by the authors of the study was discussion of the prophylactic use of aspirin for older men and women. It was determined that increasing the use of daily aspirin from the current 50 percent to 90 percent of eligible adults could save 45,000 lives per year.

If the percentage of smokers who receive professional services helping them to quit their habit was increased from the current 28 percent to 90 percent, another 42,000 lives could be saved.

Timely colorectal cancer screening by 90 percent of adults aged 50 and older rather than the current 50 percent who are up to date would save an estimated 14,000 American lives. Increasing the utilization of breast cancer screening from 67 percent of women aged 40 and older who have been screened in the past two years to 90 percent would save 3,700 lives.

Twelve thousand lives per year could be saved if the percentage of adults age 50 and up who were vaccinated for influenza was increased from 37 to 90 percent.

In addition to these five lifesaving measures, 30,000 cases of pelvic inflammatory disease could be prevented yearly if screening for Chlamydia were increased from 40 to 90 percent of young sexually active women. Other potentially underutilized preventive services considered in the study were screening for alcoholism, hypertension, visual acuity, cervical cancer, cholesterol, hearing, osteoporosis, obesity, depression, and diabetes; counseling on diet and childhood injury prevention; childhood immunizations, a tetanus-diphtheria booster every 10 years for adults, and discussion with women of calcium and folic acid supplementation.

"A lot of Americans are not getting live-saving preventive services, particularly racial and ethnic minorities. As a result, too many people are dying prematurely or living with diseases that could have been prevented," stated Eduardo Sanchez, MD, MPH, who is the Chairman of the National Commission on Prevention Priorities, convened by Partnership for Prevention to guide the study.

"The bottom line is that we need to strengthen the U.S. health system by investing more in preventing disease," Partnership for Prevention President John M. Clymer concluded. "This new report makes it clear that following a few preventive steps may end up saving your life."

Influenza

Since the early 1970s, researchers estimate that influenza has caused more than 40,000 deaths in the United States every year (Dushoff J et al 2006). It is estimated that flu outbreaks cost about \$12 billion annually in the United States (Kasper DL et al 2004).

The following doses are higher than the usual recommended doses for these supplements. These higher levels should not be taken constantly, or as a general prophylaxis. They should be taken only to ward off flu symptoms. This program should be followed for only a few days. At the first sign of flu symptoms, consider taking:

- **Cimetidine**—800 to 1000 mg/day
- **Pure Gar brand garlic**—9000 mg once or twice a day
- **Kyolic aged garlic extract**—3600 mg/day
- **DHEA**—200 to 400 mg in the morning
- **Lactoferrin**—1200 mg/day
- **Zinc**—Two 24 mg lozenges every 2 hours while awake. This is a very high dosage of zinc and is toxic if taken for long periods.
- **Melatonin**—10 to 50 mg at bedtime
- **Vitamin C**—6000 mg/day (1000 mg every hour for the first 6 hours), then 3000 mg/day (1000 mg several hours apart).
- **Vitamin E**—400 international units (IU) daily
- **Green tea**—725 mg/day. A decaffeinated form is available for people who are sensitive to caffeine.
- **Selenium**—200 micrograms (mcg) daily
- **Elderberry extract**—Take lozenges as needed.

http://www.lef.org/protocols/infections/influenza_01.htm

Featured Products

Lactoferrin

A minor fraction of whey, lactoferrin appears to have a wide variety of uses in biological systems and is considered a first line immune defense in the human body. Though a natural component of cow's and human mother's milk, lactoferrin is found throughout the human body.

Published studies that have examined the use of lactoferrin as a supplement and its beneficial effects on immunity have been quite promising. First, lactoferrin helps to maintain a proper level of "good" bacteria in the intestinal tract, while controlling the number of "bad" bacteria.

<http://www.lef.org/newshop/items/item00513.html>



Immune Protect with Paractin®

Only Immune Protect with Paractin® contains both beta-glucans and Paractin® to help boost immunity and fight inflammation.

Immune Protect with Paractin® also provides 250 milligrams of a standardized extract of ascorbic acid derived from the most potent source of natural vitamin C: the camu camu berry. The fruit of the camu camu has the highest recorded amount of natural vitamin C--over 30 times that of an orange.

<http://www.lef.org/newshop/items/item00955.html>



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Life Extension Pharmacy™ is the first to offer an integrative approach to the safe and effective use of both prescription medications and dietary supplements. Not only will we fill your prescriptions at the most affordable prices, but we also will provide you with information and access to the products that will enable you to derive the greatest benefits from both pharmaceutical drugs and the most scientifically advanced supplements available.

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- Phone service featuring our pharmacy team members (1-877-877-9700), or via our convenient automated prescription refill system (1-877-877-9707)
- Toll-free phone access to a licensed pharmacist for your health or prescription questions at 1-877-877-9700.
- And more...

<http://www.lifeextensionrx.com>

If you have questions or comments concerning this issue or past issues of *Life Extension Update*, send them to ddye@lifeextension.com or call 954 202 7716.

For longer life,



Dayna Dye
Editor, Life Extension Update
ddye@lifeextension.com
954 766 8433 extension 7716
www.lef.org

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