

Syndrome X The Mysterious Killer

Peter J. Muran, MD



Peter J. Muran, MD

Greater than 75% of Americans succumb to this disease in some form. The US population has an epidemic of obesity and diabetes and the numbers appear to be rising. The statistics are not only the adult population,

but also (what is worse) the teenage population. From the years of 1990 to 1998 there was a 33% increase in prevalence of diabetes among all adults and a 76% increase in prevalence among adults between the ages of 30 to 39 years. The growth rate of obesity during the years from 1990 to 1998 was 60% increase among adults and a staggering 100% increase in overweight children/adolescents from the years of 1981 to 2000.

Syndrome X was initially defined in 1987 by Dr. Gerald Raven, a renowned endocrinologist from Stanford Medical School. Syndrome X has subsequently received names from Insulin Resistance to Cholesterol Hypertension Atherosclerosis Obesity Syndrome (CHAOS). No matter what the medical community may call it the picture remains the same.

A syndrome is a composite of physical signs or symptoms, which has an

Continued on page 3

Your Bones May Be Aging Faster Than You Are

Sandy Dunn, MPA, CMT, CCH

Should You Get Your Bones Scanned?

Many people do not begin to worry about osteoporosis until there are recognizable symptoms...but this may be too late. Certain habits and medications can begin to weaken a woman's skeleton as early as her teens; in fact a recent study found that more than 20 percent of college students showed signs of osteoporosis.

That's why some experts are urging women to get screened for the disease as early as ages 20 to 35... especially if they have ever fractured a bone in a minor spill, had an eating disorder or used extremely restrictive diets for weight loss.

Loss of bone density later in life can result in a loss of quality of life from chronic joint and bone pain. Acute bone loss can result in bone fractures from minor spills or even normal activities of life. Studies have shown that complications from hip fractures have a 50% mortality rate.

Taking steroid medications to treat asthma, lupus or rheumatoid arthritis can also chip away at bone health, as can using the injectable contraceptive Depro Provera. In addition, diet and other lifestyle habits, such as soft drink consumption and smoking, can create an imbalance of the body's

We're on TV ...
The Longevity Healthcare Hour
 Thursday, Nov. 14, 11:30AM
 Leisure World, Cable TV6
 with Peter J. Muran, MD

This Month's Topic:
 Natural Hormone
 Replacement Therapy for
 Men and Women

Continued on page 2

Your Bones

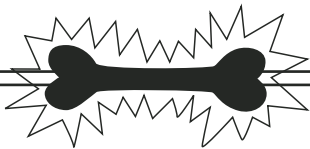
continued from p.1

normal pH level to be more acidic. Persistent acidity can cause alkaline minerals such as calcium to be leached out of the bone.

If your bone density is below normal, you will need to take 1,200 to 1,500 mg of calcium citrate a day, do regular weight bearing exercise and if you smoke, kick the habit. Calcium citrate, which comes from a plant source, is recommended over other sources of calcium because the body is able to more easily absorb the mineral in this state.

The good news is that bone density testing is covered by most insurance plans including Medicare, so getting the information you need for preventive care is as easy as scheduling an appointment.

Bone Density Testing with a detailed report is now available the second and fourth Friday of each month, beginning November 8th from 10:00am to noon at the Longevity Healthcare Center, Taj Mahal Bldg., Across from Mothers Market, 23521 Paseo de Valencia, Suite 204. Laguna Hills. Call 949-472-3717 to schedule your appointment.



Bone Density Testing

Friday, November 8 and

Friday, November 23

10am to noon

Longevity Healthcare Center

23521 Paseo de Valencia, Suite 204

Call for an Appointment: 949-472-3717

Too Much Holiday Cheer

The Holidays are a great time to celebrate... but too much holiday cheer can leave you with a hangover. Most people know to drink plenty of water to counter the dehydrating effects of alcohol. And there are an array of products on the market containing nutrients to restore what alcohol depletes, even tablets of activated charcoal, which is suppose to absorb toxins. Should you indulge in a bit too much holiday cheer here's some additional advise from Michael Gerber, MD, of the Gerber Medical Clinic in Reno, Nevada.

Hangover Prevention: Alcohol is an anti-oxidant and can have beneficial effects. But its breakdown product, acetaldehyde, a cousin of formaldehyde (embalming fluid), can cause free radical damage. Your body deals with this toxin by breaking it down with an enzyme that requires thiamin (Vitamin B1), so taking 500mg of B1 before bed can metabolize acetaldehyde out of the body quickly and help you avoid the morning after headache. Take 1000-2000 mg of Vitamin C - the universal detoxifier-before going to bed is also good hangover prevention.

Hangover Cures: A little buffered aspirin with 1 teaspoon of sodium bicarbonate (baking soda) in water taken along with 3000-5000mg of Vitamin C, will usually relieve the pain. Even better is 1500 to 2000 mg of acetyl L-carnitine, which restores memory and brain activity quickly and helps prevent brain damage. If you have access to homeopathic remedies, take Nux Vomica 4X, 6X or 6C every half-hour until you feel better. Some people even put Nux in party punch to prevent hangovers. Of course, moderation --- which is true prevention --- is still the best medicine.

Syndrome X

continued from p.1

associated disease process. With Syndrome X the physical signs are elevated blood pressure (greater than 130/85), elevated cholesterol (Triglycerides greater than 150mg/dl, HDL less than 40mg/dl for men and less than 50mg/dl for women), abdominal obesity (Body Mass Index greater than 28 or roughly waist circumference is greater than 40 inches for men and 35 inches for women), and insulin resistance. Insulin resistance is accurately measured by a comparison of fasting blood sugar (normal is between 65 to 120mg/dl) and 2 hour after meal blood sugar (normal is between 65 to 139mg/dl) to fasting and 2 hour after meal blood insulin levels (normal is between 6 to 35mcIU/ml).

The major diseases associated with Syndrome X are vascular disease and diabetes. Vascular disease means heart attacks and strokes. There is also an increase risk for cancer (breast and colon cancer), Alzheimer disease, hypoglycemia, decreased DHEA, decreased magnesium, increased uric acid (gout), polycystic ovary disease (women), diabetic kidney failure, and inflammatory bowel disease. The initial common signs and symptoms are increase weight, inability to concentrate, unexplained drowsiness, decreased endurance during physical exertion and exercise, feeling tired most of the time (particularly after lunch or dinner) or generally decreased energy

What can possibly be the cause of such a devastating disease? The cause of Syndrome X is excess of glucose or sugar. Our bodies are designed to breakdown natural foods to create energy. Natural foods (for example whole grains, vegetables, fruits and nuts) have complex carbohydrates surrounded with high fiber. Natural foods allow the slow release of glucose in the body so that the glucose can be metabolized and completely managed to form efficient energy for

the body. Refined carbohydrates (cakes, power bars, sodas or processed cereals) are broken-down quickly by the body and have a high and rapid release of glucose into the body. High levels of glucose in the body are toxic and harmful to the cells of the body. This rapid release of glucose stimulates the pancreas to secrete high levels of insulin which connects to the free glucose to form a glucose-insulin complex. The liver eventually transforms this high level of glucose-insulin complex into VLDL (very low-density lipid) and the subsequent cholesterol by-product. The glucose-insulin complex that can not be used immediately is transformed into fat. The lack of exercise to burn off the excess of carbohydrates tremendously increases the accumulation of fat and burden on the body.

So to sum up what we all know, too much refined carbohydrates cause obesity which is related to elevated cholesterol and high blood pressure. The eating of refined carbohydrates causes constant levels of high blood glucose leading to insulin resistance and subsequent diabetes. And the factors of elevated insulin, elevated glucose, elevated cholesterol and elevated blood pressure leads to vascular disease or heart attacks and strokes.

In next month's edition I will describe how you can loose weight and at the same time reduce the amount of sugar intake and start to reverse the damage caused by Syndrome X.

Peter J. Muran, MD is the Medical Director of Longevity Healthcare Center in Laguna Hills where he orchestrates a holistic approach to medical care. Board Certified in Holistic Medicine, he integrates the best of traditional medicine and alternative modalities, specializing in the health care needs of people age 40 and up.



We're On TV

Hear Dr. Peter Muran as the “guest” expert to be interviewed about Natural Hormone Replacement for Men and Women. Beyond Menopause and Andropause, Natural Hormone Replacement Therapy, designed for the individual can add vitality and quality to life. Learn how natural differs from the typically prescribed hormone products. Tune in to learn if it is right for you on Thursday, November 14 at 11:30am on TV 6.



23521 Paseo de Valencia
Suite 204
Laguna Hills, CA 92653

www.alternativemedicinehealthcare.com