

Pills & Tests: What should I (the urologist) be taking and getting?!

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Hobbies: Telling you that less is More!



Lets Take a Doctor Moyad Quiz!

Part I

- Angelina Jolie is married to _____ Pitt
- Oprah _____ has a good TV show!
- The actor that played Moses in the movie the Ten Commandments was _____ Heston.
- This actor (Sally _____) said “You like me...you really really like me” after winning her oscar!



Lets Take a Doctor Moyad Quiz!

Part I

- A normal vitamin D blood level may reduce my risk of osteoporosis and may reduce my risk of certain autoimmune diseases, cancers, & heart disease. Anyhow, my last vitamin D blood test was _____ ng/ml and the number that is ideal for me _____ ng/ml.
- A normal hs-CRP test has been shown to reduce the risk of the number 1 cause of death in men & women, & my last test was _____mg/L
- My Framingham Risk Score or Reynolds Risk Score (paid for by the tax payers) that can determine my risk of the 1 cause of death in men & women is _____
- The Over the Counter product that costs pennies that works as well as the number 1 selling expensive medicine in the U.S. to fight cough and colds is known as _____



PRE-GAME = Vaccines.....

COLONOSCOPY	Cure at biopsy?!
FLU VACCINE (& H1N1)	Right now! (other benefits--imm boost)
PNEUMONIA	Age 60-65 & over!
SHINGLES	APPROVED (Zostavax®)

Hep A/B= down 90%!!!



Overview of the Talk

- Pre-Game Locker Room Speech
- A-Z=Lifestyle/Pill=Game time
- Post-Game Summary



PRE-GAME for MEN

1. CVD	426,772
2. Cancer	286,741
3. Accidents	67,923
4. Respiratory Diseases*	60,456
5. Diabetes*	35,217



PRE-GAME for WOMEN

1. CVD (since 1984)	483,842
2. Cancer	267,902
3. Respiratory Diseases*	65,672
4. Alzheimer's Disease	45,058
5. Diabetes*	35,748



PRE-GAME-Probability Diet

- #1 cause of death for 107 out of 108 years?
- #1 cause of death post-localized trt for ca (Moyad...)
- #1 in cancer prevention trials?

BOTTOM LINE=Heart Healthy=Bladder Healthy=Bone
Healthy=Brain Healthy=Breast Healthy=Colon
Healthy=Eye Healthy=Joint Healthy=Kidney
Healthy=Prostate Healthy=Skin Healthy=Sexual
Health=ALL HEALTHY!!!
(Vioxx vs. Vitamin E vs. Fish Oil...?)

Moyad MA. Promoting wellness for prostate cancer patients. JW Edwards Publishing, 2006.

Moyad MA, Carroll PR. Urol Clin N Am 2004;31:289-300.



STATINS

LDL CHOLESTEROL

LDL (mg/dL)	LDL (mmol/L)	COMMENT
<70	<1.81	High-Risk
<100	<2.59	Optimal
100-129	2.59-3.34	Near optimal
130-159	3.37-4.12	Borderline High
160-189	4.14-4.90	High
≥190	≥4.92	Very High

NCEP Guidelines. JAMA 285:2486-2497, 2001.



STATINS

HDL CHOLESTEROL

HDL (mg/dL)	HDL (mmol/L)	COMMENT
<40	<1.04	Low
40-59	1.04-1.53	Normal
≥60	≥1.55	IDEAL

NCEP Guidelines. JAMA 285:2486-2497, 2001.



STATINS

TRIGLYCERIDES

TRIGLYCERIDE (mg/dL)	TRIGLYCERIDE (mmol/L)	COMMENT
<150	<1.70	Normal
150-199	1.70-2.25	Borderline High
200-499	2.26-5.64	High
≥500	≥5.65	High

NCEP Guidelines. JAMA 285:2486-2497, 2001.



Have you had this test? (hs-CRP)

High-sensitivity C-reactive protein	Number
< 1 mg/L	Low risk (normal)
1-3 mg/L	Moderate risk
> 3 mg/L	High risk

www.Reynoldsriskscore.org

Ridker PM. *Circulation*. 2003;107:363-369.



Framingham CHD 10-yr Risk For Men: Step 1 (NCEP. JAMA 2001;285:2486-2497.)

<u>Age</u>	<u>Points</u>	<u>Age</u>	<u>Points</u>
20-34	-9	<u>65-69</u>	11
35-39	-4	<u>70-74</u>	12
40-44	0	75-79	13
45-49	3		
50-54	6	Moyad=0	
55-59	8		
60-64	10		

NCEP Guidelines. JAMA 285:2486-2497, 2001.



Framingham CHD 10-yr Risk: Step 2 (Moyad=0)

TC	20-39 yr	40-49 yr	50-59 yr	60-69 yr	70-79 yr
<160	0	0	0	0	0
160-199	4	3	2	1	0
200-239	7	5	3	1	0
240-279	9	6	4	2	1
≥280	11	8	5	3	1

NCEP Guidelines. JAMA 285:2486-2497, 2001.



Framingham-10 yr Risk: Step 3

	20-39 yrs	40-49 yrs	50-59 yrs	60-69 yrs	70-79 yrs
Non-smoker	0	0	0	0	0
Smoker	8	5	3	1	1

NCEP Guidelines. JAMA 285:2486-2497, 2001.



Framingham 10 yr-Risk: Step 4

HDL (mg/dl)	POINTS
≥ 60	-1
50-59	0 (Moyad)
40-49	1
< 40	2

NCEP Guidelines. JAMA 285:2486-2497, 2001.



Framingham 10-yr Risk: Step 5

Systolic Blood Pressure (mm Hg)	If Untreated	If Treated
<120	0 (Moyad)	0
120-129	0	1
130-139	1	2
140-159	1	2
≥160	2	3

NCEP Guidelines. JAMA 285:2486-2497, 2001.



NCEP Guidelines. JAMA 285:2486-2497, 2001.

Framingham Risk-10 yr: Step 6

TOTAL POINTS	10-YR RISK (%)
<0	<1
0, 1, 2, 3, 4	1
5, 6	2
7	3
8	4
9	5
10	6
11	8
12	10



Framingham Risk 10-yr: Step 6

TOTAL POINTS	10-YR RISK (%)
13	12
14	16
15	20
16	25
≥17	30
TOTAL SCORE	=??? (Moyad=0=1% risk)

NCEP Guidelines. JAMA 285:2486-2497, 2001.



REYNOLDS RISK SCORE-I?!

(www.reynoldsriskscore.org)

- Family History (before age of 60 yrs)
- Hs-CRP



REYNOLDS RISK SCORE-II?!

(www.reynoldsriskscore.org)

- AGE
- CURRENTLY SMOKE?
- SYSTOLIC BP
- TOTAL CHOLESTEROL (mg/dL)
- HDL
- Hs-CRP
- GENETICS (Mother or Father w/MI before age 60)

10-year Risk? No diabetes?



REYNOLDS RISK SCORE-III?!

(www.reynoldsriskscore.org)

- AGE=65
- CURRENTLY SMOKE=No
- SYSTOLIC BP=120
- TOTAL CHOLESTEROL (mg/dL)=160
- HDL=60
- Hs-CRP=1 mg/L
- GENETICS (Mother or Father w/MI before age 60)=Y

=2% 10-YEAR RISK (age 75=5%, age 85=10%...)



Vitamin D Blood Test

<u>VITAMIN D BLOOD TEST</u>	<u>NORMAL LEVELS</u>
25 (OH)-hydroxy-vitamin D	35-40 ng/ml (90-100 nmol/l)

NEED 800-1000 IU (20-25 mcg)/day!

SEND YOUR RESULTS TO ME PLEASE!!!



A=Alcohol

MODERATION:

- HDL
- Heart health
- Estrogenic
- Bone health
(not hard liq?)

EXCESS:

- Increases triglycerides
- Calories
- Increases BP
- Immune-Suppressive
- Reduces folic acid/EFA..
- Oral/Esophageal cancer
- Breast/colon cancer...
- OSTEOPOROSIS
- CALORIES PER GRAM???



A=Aspirin

- “Aspirin is a miracle drug for the people who NEED it (>10% Reynold’s Risk), but it is a potential disaster for the people that do not need it!”
- -New Meta-Analysis of 6 Studies
- Worried about Tylenol?! ASA is everywhere!



A=Aspirin=WHS-39,876 Women

CONDITION	RISK REDUCTION-ASA
Heart Attack-age 65+	34% Reduction
Ischemic Stroke-age 65+	30% Reduction
Hemorrhagic Stroke	24% Increase
Major GI Bleed	40% Increase
Peptic Ulcer	32% Increase



Low-Dose ASA per 1000 treated for 5 years (meta=5 trials=>55,000)

CHD event risk/yr	CHD Events Avoided	Ischemic Strokes Avoided	Hem Strokes from ASA	Major Bleeds from ASA
Low= <10%	5	0	1	5
Moderate= =10-20%	14	0	1	5
High= >20%	25-50	25-50	1	5

NCEP Guidelines. JAMA 285:2486-2497, 2001.

ALL-CAUSE MORTALITY?



WHICH ONE
IS BEST?

F=FISH OIL & AHA

<u>SITUATION?</u>	<u>Recommendation</u>
Perfectly Healthy (from food)	2 Fish Meals/wk Pills?
CHD (food and/or pill)	1 g
Pregnancy (food/pill)	200-500 mg...
Triglycerides (Wt loss/pills)	2-4 g

Depression, Weight loss...

Autism-1.5 g/d

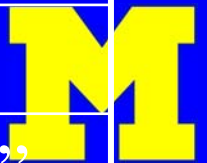
-Hyperactivity



WHAT ABOUT COD LIVER OIL? (Consumer Reports, 2009.)

F=Fish oil pills

1) Kirkland Signature (Costco) (0.06 day/\$22-yr)	9) GNC
2) Member's Mark (Sam's Club)	10) Nature's Bounty- Salmon Oil
3) Spring Valley	11) Rite Aid
4) Walgreens	12) YourLife
5) Vitasmart (Kmart)	13) Country Life
6) CVS Pharmacy	14) Eckerd
7) Natrol	15) Spectrum Essentials
8) Sundown	16) Solgar-Omega-3 "700"



S=STATINS/Cholesterol (N=938, 9-years)

<u>PARAMETER</u>	<u>STATINS</u>	<u>NON-STATINS</u>
Disease-Specific Survival	98%	95%
Overall Survival	94%	81%



(Moyad MA, et al. Urol August/Sept 2006)

How about after adjusting for confounding variables? YES! YES!

Jacobs (2007)	N=55,454 (317 adv)	Followed= 6-years	-40% Adv/ Fatal P Ca.
Flick (2007)	69,047 (131)	14 years	-43%
Murtola (2007)	49,446 (3680)	8 years	-25% (CC)
Platz (2006)	34,989 (316)	13 years	-50%
Marcella (2009)	380 cases	10 years	-63% DEATHS!!!

Adjusting for PSA testing...=More Robust!!! Murtola TJ, et al. Nat Clin Prac Uro 2008;5(7):376-387.



Red Yeast Rice (600 mg=1-2.5 mg).....VYTORIN (2011)

C=CHOLESTEROL=Statins!

Atorvastatin=Lipitor®	?
Fluvastatin=Lescol®	?
Lovastatin=Mevacor®	Patent lost
Pravastatin=Pravachol®	Patent lost-06
Rosuvastatin=Crestor®	? (once a week??)
Simvastatin=Zocor®	Patent lost-June 06

Moyad once a week solution???



JUPITER SHOULD CHANGE YOUR LIFE (less is more)!

<u>LDL</u> “bad cholesterol”	<u>hs-CRP</u>	<u>WHAT</u> <u>HAPPENED?</u>
≥ 70	≥ 1 mg/L	-9% Reduction
≥ 70	≤ 1 mg/L	-35% Reduction
< 70	≥ 1 mg/L	-50% Reduction
< 70	≤ 1 mg/L	-79% Reduction!!!

Ridker PM, et al. Lancet 373:1175-1182, April 4, 2009. Justification for the Use of Statins in Prevention..



-DVT?

Arthritis Pills (OA) (Summary)

- Pycnogenol (100 mg/d)
- Glucosamine...
- SAM-e
- Tylenol/Aleve
- Capsaicin?
- Hyaluronic Acid?
- Vitamin C?



F=FOLIC ACID & Polyp Prevention Study Group (1mg/d)

<u>SIDE EFFECT</u>	<u>FOLIC ACID</u> (n=516)	<u>PLACEBO</u> (n=505)	<u>RESULT</u>
Died	10 (2%)	19 (4%)	Non-sign (p=0.09)
Colon Cancer	3 (0.5%)	4 (1%)	No impact
Other Cancers	54 (10.5%) (24=p ca)	32 (6.3%) (9=p ca)	P=0.02!!! (BPH)



M=Multivitamin-SU.VI.MAX- French Study

- N=13,017 (5141 men, age=45-60)
- 120 mg vit C + 30 mg vit E + 6 mg beta-carot + 100 mcg selenium, + 20 mg zinc vs. placebo
- 7.5 years
- Men=31% reduction in cancer & 37% all-cause mortality! PCa=REDUCED 48%, but...

Hercberg S, et al. Arch Intern Med 164:2335-2342, Nov. 22, 2004 & 2005.



MULTIVITAMINS (LESS IS MORE!)

- 295,344 (NIH-AARP study)
- 10,241 cases
- Double the risk of fatal p. cancer

Bottom Line =Men Take Women's Multi OR
KIDS MULTI! (Max 1 pill a day)

Lawson KA, et al. J Natl Cancer Inst 99:754-764, 2007.

