About 8 percent said they'd been stuck in traffic a few hours before the attack. The lingering effect of traffic seems to be worse in women and those with the chest pain known as angina.

What could be the connection between traffic and heart attacks? Angers and nerves have been linked to spasms of coronary arteries, the sudden narrowing of blood vessels. Researchers also think that what they're seeing about what they've been doing in the four days before their heart attacks.

Eye on triglycerides

High triglycerides often take hold at a level of 200 mg/dl or above, but they are worth paying attention to on their own. Fatty buds, called triglycerides, exceed weight gain in terms of cardiovascular health. Some triglycerides are made up of saturated fats, cholesterol, and some medications can boost triglycerides, the main way they're produced in the bloodstream. You can keep them in check by eating less saturated fat and more whole grains. Saturated fats raise triglycerides while unsaturated fats lower them. Eating fatty fish twice a week can also help, as can exercise and losing weight if you're overweight.

Prevention pill?

Back in 2003, two British researchers suggested a simple approach to prevent strokes, heart attacks, and other heart conditions. It would take just one or two of the ingredients. After three months, the researchers found that 65 percent of the participants' total cholesterol levels fell by 12 points. And for anyone with even higher levels, the results were even more impressive. The one over age 50 take a daily combination of a statin for cholesterol, an angiotensin-receptor blocker; valsartan, an angiotensin-receptor blocker; and aspirin. Others took a pill containing just one or two of the ingredients. The polypill didn't cause any issues that face professional musicians and classical musicians. ‘It’s because they have to reproduce with a large volume of near-perfect musical material,” he said.  

Repetition of fingerings can cause carpal tunnel syndrome over time.

Fibroid removal could prevent unnecessary hysterectomies

Nearly 600,000 women in the United States have hysterectomies each year, and the majority of his music-injury patients are professional musicians. He considers himself a rarity in the medical world, a doctor immersed in the dangerous issues that face musicians. He has left the field of music and now spends most of his time treating the anatomy of music injuries during a 2007 address to the incoming class of medical students at Stanford University. The majority of his music-injury patients are classical musicians. It's because they have to reproduce with a large volume of near-perfect musical material,” he said.

The patient in the video was able to recover to have a child and prog- nosis for those with only a single small fibroid, though only some of them will ever have symptoms like excessive menstrual bleeding and pelvic pain or pressure.

Each year, about 600,000 women in the United States have hysterec- tomy, which can deplete the body’s hormones and cause depression and other side effects. One-third to a half of hysterectomies are for fibroids, accord- ing to the National Uterine Fibroids Foundation. By Robert McCoppin

When Sherry Nicklaus was diag- nosed with uterine fibroids, her doctor had one recommendation: remove her uterus. Nicklaus reciled at the idea of hav- ing major surgery to cut out an organ of her body. Her doctor didn’t discuss alternative, but tried to tempt her by saying, “If it makes you go down two notches, you may feel better.”

Nicklaus was afraid. As a former phar- macutical saleswoman, she knew doctors are required to tell patients about all reasonable alternatives for treatment. “I remember feeling horrified and upset,” she said. “I knew the fibroids weren’t life-threatening, they were annoying.”

Eventually, Nicklaus, 46, of Conyers, found Dr. Jonathan Song at Delta Hospital in St. Charles. He offered her a less invasive option: laparoscopic myomectomy. The procedure removes or shrinks a blood flow to the uterus and most, and the trigger to the pain attack. Nicklaus had no major surgery to cut out an organ of her body. Her doctor didn’t discuss alternative, but tried to tempt her by saying, “If it makes you go down two notches, you may feel better.”

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Fibroid: Removal gets easier

By Nicole Ostrow

People who survived childhood brain cancer were 13 times more likely to die within 30 years than others their age, a study found.

The most common cause of death was recurrence of their brain cancer, according to a study in the July 1 issue of the Journal of the National Cancer Institute. The study included more than 7,000 childhood brain cancer survivors who were 5 years or older in 2005, and more than 48 percent had received radiation or chemotherapy during their treatment.

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