Colonoscopy prep easier to swallow

There could be a kinder, gentler way to prepare for a colonoscopy.

You can get ready for that critical exam without having to chug down a gallon of hard-to-swallow polyethylene glycol.

Researchers at Detroit's Henry Ford Hospital found that people could still get an effective prep by taking a pill for chronic constipation along with drinking only half the liquid.

"Most people say they don't want to have a colonoscopy because they find the preparation intolerable," says Dr. Chetan Pal. "I think this will encourage more people to get the colonoscopies that may save their lives."

There's a simple "cure" for an angry mood.

Just one half-hour of exercise can reduce levels of anger or even prevent it, according to research done for the Naval Health Research Center.

The study involved 16 high-strung college-age men who viewed anger-provoking slide shows before and after doing 30 minutes of a moderate leg cycling exercise.

Results found that exercise protected against angry moods and emotions "almost like taking aspirin to prevent a heart attack," says physiologist Nathaniel Thom.

EXERCISE is good medicine

Aphrodisiac bombshell

Warning! Highly touted sexual enhancement products can be duds – and even dangerous.

The U.S. Food and Drug Administration (FDA) has focused on two such products – the drug flibanserin, touted as "female Viagra," and over-the-counter Magic Power Coffee.

The FDA has blocked the first, ruling that it doesn't have enough evidence of effectiveness or safety.

The agency also warns against purchasing Magic Power Coffee, marketed on the Internet as a pleasure-enhancing "cup of magic."

Tests show it contains a chemical similar to the main ingredient in Viagra, which can cause dangerously low blood pressure and potentially lead to death.

Concludes an FDA panel: "Magic Power Coffee can cause serious harm."

FIBROMYALGIA: Two drugs better than one

Good news for millions who suffer from painful and often debilitating fibromyalgia.

A combination of two medicines – Lyrica and Savella – can boost pain relief without increasing side effects, according to investigators at Meridien Research in St. Petersburg, Fla.

The drug combo was tested on patients who had not gotten adequate relief from either drug alone.

After 12 weeks, this new study found that pain was significantly reduced and patients exhibited overall improvement when taking the drugs together.