



Risky foot 'FACE-LIFTS'

★ Run from anyone who recommends cosmetic foot surgery or "foot face-lifts."

Serious medical problems can be triggered by narrowing the foot to better fit high heels; shortening the second toe – or making the little toe shorter and skinnier for high heels, cautions the American Orthopaedic Foot and Ankle Society.

"The risks of such surgeries – including infections, pain, scarring and nerve damage – are much greater than the benefits," warns Loyola University foot and ankle surgeon Dr. Michael Pinzur.



Bone-building drugs HELP CURB BREAST CANCER



★ A popular class of osteoporosis drugs appear to significantly reduce women's risk of breast cancer.

This is exciting news for the millions of women who take Fosamax, Boniva and Actonel.

The bone-strengthening drugs, known as bisphosphonates, can slash the risk of breast cancer diagnosis by 30 to 35 percent, according to recent studies.

Researchers at UCLA found that women using bisphosphonates for eight years had a 32 percent lower incidence of invasive breast cancer compared to nonusers.

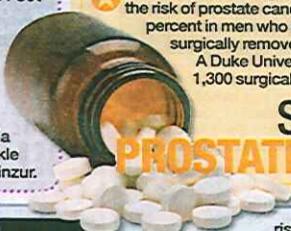
More than 30 million prescriptions are written annually in the U.S. for these medicines.

★ Cholesterol-lowering statin drugs can reduce the risk of prostate cancer recurrence by 30 percent in men who have had their prostates surgically removed.

A Duke University study focused on 1,300 surgically treated prostate cancer

patients, 236 of whom were already taking statins. Over the next two years, only 16 percent of the statin users had cancer recurrences, compared to 25 percent of nonusers.

More research is needed, but the study's director, Dr. Stephen Freedland, enthused: "If these findings are confirmed, this is pretty profound."



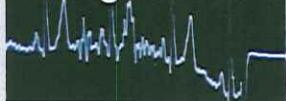
Statin and PROSTATE CANCER

risk of having a heart attack.

In a second study, FDA researchers analyzed data from 220,000 elderly patients who took either Avandia or rival drug Actos. Results showed that those taking Avandia were more likely to have heart failure, strokes and die.

"Our study shows very clearly that Avandia is much less safe than Actos in things that really matter – things that will put you in the hospital or land you in the cemetery," says the FDA's Dr. David Graham.

DIABETES drug debate



★ A decision is looming as to whether to remove the popular diabetes drug Avandia from the market, according to the Food and Drug Administration (FDA).

In an initial investigation, Cleveland Clinic researchers studied data from 56 trials and found that those taking Avandia had a 43 percent

★ Toe-rific news! Cherry juice cuts the frequency of painful gout attacks.

Almost all patients in a study who took a twice-daily tablespoon of cherry juice concentrate for at least four months enjoyed an astonishing 50 percent or better reduction in attacks – and more than a third became attack-free after four to six months, according to investigators at New Jersey's Robert Wood Johnson Medical School.

What's more, cherry juice usually works well with standard gout medicines.

CHERRY JUICE
berry good for gout

