

You and Your Health

By

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For

The South Atlantic and South Bahamas Conference Health Ministries.

Sugar Drinks

One of my readers, RB from North Carolina, texted me with the blessing he had by stopping drinking all sodas and manufactured fruit juices. He says he lost 6 pounds in 8 weeks on this life-style change.

I did research and found out that he was on the right tract. An article published in the International Journal of Obesity Related Metabolism Disorders (2000 Jun:24(6):794-800) showed sugary drinks are the most “fattening things” you can put into your body. His article also says liquid sugar calories do not get registered by the brain in the same way as calories from solid foods. It is because of this that when you drink soda’s you end up eating more total calories. As previous articles that I have published states, sugar drinks are strongly associated with obesity, type 2 diabetes, heart disease and a number of other health problems.

I also confirmed the fruit juices are almost as bad as soda in this regard. They contain just as much sugar, and the small amounts of antioxidants added to them by manufacturers do not negate the harmful effects of the sugar. So let us follow RB and abstain from these sugars drinks. Eat the fruit instead.

What's Your Diagnosis?

This week we will be starting a once a month new addition to the *You and Your Health* articles. A number of readers said they enjoyed a previous articles where I described the history of a patient of mine. Please text me your diagnosis this week and I will reveal next month if you were right and which state had the most correct answers.

A 34 year old female secretary presented to my office with a 2 week history of tingling in her right hand when she first woke up In the morning. She described the sensation as “pins-and-needles” and said she was noticing that she was dropping items more frequently. Her grip was weak. Her past medical history was significant for diabetes that was well controlled. On physical exam she had weakness of the thumb and first 2 fingers on the right relative to her L hand. She had a positive Tinel’s sign and Phalen’s maneuver.

So readers, what is your diagnosis? Text me if you can.

Thanks you for your questions. Keep them coming. My email is rgberry@yahoo.com.

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