

Everyone,

Two items on costs of medications:

1] Next month's Consumer Report lists the various prices for duloxetine [Cymbalta], 20mg x 30 days, depending on where it is bought.. Quite a range, and I gather the range is true of other medications.

A] HealthWarehouse.com, \$13

B] Costco, \$35

C] Independents, \$20 to \$267

D] Sam's Club, \$31

E] Walmart, \$131

G] Kmart, \$120

H] Grocery stores, \$13 to \$223

I] Walgreens, \$251

J] Rite Aid, \$170

K] CVS/Target, \$195

2] NEJM, 5 April, "Promise and Reality of Price Transparency," focuses on whether transparency will lead to reducing costs of medications. "Despite widespread interest in price transparency, it has not fulfilled its promise of encouraging price shopping. Among the barriers are that high deductibles are a poor form of incentive for encouraging price shopping and that patients are reluctant to disrupt their clinician relationships. Increasing evidence suggests that other benefit designs, such as reference pricing and tiered provider networks,

are more effective in encouraging patients to switch to lower-priced providers and thereby have greater potential to fulfill the promise of decreasing health care spending.”

Last Sunday’s NY Times Book Review section reviewed two books, *THE ART OF SCREEN TIME* and *BE THE PARENT PLEASE*, on one of our major mental conditions Screen Use Disorder, not yet in the DSM. Focus is on advice to parents. Specific recommendation includes prioritize other activities and allow screen time only afterwards. Also, no screen use before bed time, and none in bedrooms.

Theracurmin BID over an 18-month period in middle-aged and older non-demented adults improved memory performance. Many studies in the past, however, have not found curcumin to be effective [March’s *Amer J Geriatric Psychiatry*].

I hope all pulled up our notes in Sentinel 200 as to Dr. Gold’s presentation on dangers of firearms in homes. Some other data on suicides:

1] Of 45,000 suicides in 2016, there were 23,000 by gun, 12,700 by hanging, and 5,300 by overdose.

2] Alaska and Montana are the two-least population-dense states, have the highest suicide rates, five times the suicide rate as DC, which has the lowest rate.

3] There are two gun-related suicides for every one gun-related homicide in the US.

4] As to efficiency, 83% of efforts by guns are “successful,” 61% by hanging are successful, and 1.5% by overdose are successful.

5] Very important statistic: only one person in ten who survive a suicide attempt go on to kill themselves. The suicidal intent can change rapidly. Those jumping from the Golden State bridge and not drowning

do not resist being pulled out of the water and rescued. Years ago in talking to someone who had jumped off that bridge, he told me he changed his mind on the way down.

Many studies associating moderate alcohol consumption with reduced heart attacks rates are flawed (Journal of Studies on Alcohol and Drugs, May 2017;78(3):394-403). To claim that moderate drinking is associated with heart attack prevention, researchers have tried to show that non-drinkers have more heart attacks than moderate drinkers.

The problem is that the group of non-drinkers includes a very high number of sick people who had been told to stop drinking (alcoholics, people with liver, heart, lung or kidney disease or diabetes, and so forth). Once the studies had been corrected by removing these people from the group of non-drinkers, these studies no longer showed that the drinkers had fewer heart attacks.

Another study, from England, followed 53,000 men and women over 50 for 6-10 years and found that alcohol consumption had no demonstrable health benefit and did not reduce risk of death during the study period (British Medical Journal, February 10, 2015).

From Lakphy Desk:

1] This month's journal Circulation reports that people with very high aerobic fitness halved their statistical likelihood of developing heart disease, no matter how worrisome their genetic profile.

2], The Circulation report also says grip strength likewise is associated with reduced cardiac-disease risk,

3] Women's Heart Advisor Supplement, "Exercise as Medicine for Women with Heart Failure." Article says that a medication will impact one of the risks of heart failure. Exercise will lower risk of four -- blood pressure, lower glucose levels, increase HDH cholesterol, and help keep weight in check.

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