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Optimal Health Medical LLC's Newsletter #12

Winter 2007

Use Of Antidepressants Increases The Risk Of Bone Fracture

In the Jan 22nd issue of The Archives of Internal Medicine a study regarding the possible relationship between bone fractures and of the use of antidepressants was reported. This study confirmed an association that had been suspected from previous studies. The health consequences particularly for the population over 50 may be very dramatic. Approximately 10% of people over 50 years of age suffer from depression. The “first line” most commonly used medications are of the SSRI type of antidepressant. These include Prozac, Paxil, Zoloft, Celexa, and Luvox, among others.

This study showed an excess amount of the “minimal trauma” type of fractures such as hip fracture from a fall were significantly increased in those taking these medications. It was also noted that an increased dose of the medication was reflected in a higher fracture rate.

Dr Sobo's comment: This study, and the concerns that are being focused on, involve those patients over 50 years old. If the older population is being shown to have an elevated risk fracture from a relatively shorter period of use of these medications, what about the risk to younger people? If you start taking these medications at age 35, what is your risk by the time you reach your 50's or 60's ?

What about the increased use in teenagers? What is the risk of weakening your bones with these medications being taken for 50 years? Only studies can prove it, but it seems quite logical to worry that taking SSRI antidepressants for many years looks like a real risky proposition for your bones.

To understand a bit about the natural approaches to depression and associated emotional issues, we are reprinting an article that has been published in a variety of other places as well as having been the feature of this newsletter a couple of years ago. Please see this article at the end of our newsletter.

Use of Statin drugs for lowering cholesterol may lead to Parkinson's disease

A study reported by researchers at the University of North Carolina showed an excess number of cases of Parkinson's disease diagnosed in those taking statin type

medications to lower their cholesterol. These include Lipitor, Mevacor, Pravachol, Vitorin, and Crestor. What they showed was that those who are using statins to lower the LDL, the so called “bad cholesterol” were **THREE AND A HALF TIMES MORE LIKELY TO BE DIAGNOSED WITH PARKINSON’S DISEASE.**

There are now going to be additional studies to confirm this relationship. What is most worrisome about this is that there is a certain logic to the association between low levels of cholesterol and neurological problems that have been suspected for many years. The reason for this “logical” connection, is that nervous system cells naturally have a large lipid or fat content. The nervous system cells are lined by a sheath that is very high in fat.

For this reason, I have heard the concerns from scientists and physicians over the years that the drive in cardiology is to lower blood lipids, to lower and lower levels may be sacrificing your nervous system to achieve some presumed benefit for your heart. There have been associations between very low cholesterol levels and neurological/behavioral issues for many years that basically have been ignored. It is important to emphasize that cholesterol per se is not a disease. Cholesterol is a natural body constituent that is absolutely essential in your system.

What has been the trend in cardiology is to lower your lipids so that they are not only no longer high, but that they become abnormally low. Patients are being given statins in higher doses such that the level of cholesterol that is achieved is well below what their body levels would be if they followed a “perfect” diet and exercised and did everything they could for their health. Here again, it seems a bit of logic is in order. Is it likely to be good to take something that is naturally present in your body, and known to have numerous essential functions, and lower it to a very low level, not normally achieved without a medication?

Back to the main topic of this article: Should we now have an urgent concern about creating enormous numbers of people with Parkinson’s disease in our population as a whole? Statins are not infrequently prescribed. They are now the leading prescriptions being given to our (and the world’s) population at large, to lower a natural body constituent that you cannot live without. More studies will be done to investigate this link further , but little action seems to be suggested by anyone at this point.

This is one of those cases where self reflection and an assertive role that a person should take in his/her own health care is warranted. One important point that needs to be made to anyone: Taking statins is known to lower the level of CoEnzyme Q10 in the body. This is a supplemental nutrient that has been given by forward-looking neurologists with good benefit to patients with Parkinson’s disease! It has been reported that one of the drug companies has taken out a patent on a combination of a statin drug with CoEnzyme Q10! They will release the medication when they see fit. Don’t wait! Anyone taking statins should consider supplementing with CoEnzyme Q10.

Dr. Sobo is a Medical Doctor practicing Holistic/ Nutritional Medicine in Stamford, CT. More information about natural hormones and about Dr. Sobo's practice can be found on the Internet at <http://drsobo.com>. Dr. Sobo's office phone number is 203-348-8805.

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