

DR. DAVID SINGER'S HEALTH REPORTS

VOLUME 12

ISSUE 25-36

RESEARCH & INFORMATION

~ DISCLAIMER ~

The following general information is included for reference purposes only. These reports provide general information about pain management, supplements, exercise, drugs as well as natural healthcare options and standard medical treatment options. It is specifically not intended to suggest a medical diagnosis or treatment plan, and does not necessarily reflect the opinions of this publisher. These Health Reports are for educational purposes only.

The Singer Health Reports are a service of David Singer Enterprises. To subscribe to the Singer Health Reports, please call New Solutions Products at 1-800-326-1797 or visit our website at www.davidsingerenterprises.com

HEALTH REPORT

VOLUME 12

ISSUE 25

CHIROPRACTIC HELPS CANCER PATIENTS IMPROVE LIFE, REDUCE NEED FOR DRUGS

Lifestyle choices have been found to be contributing factors to cancer. Living healthy and the incorporation of exercise in a person's life are known to reduce the chances of a person getting many forms of cancer. Chiropractors are experts in providing lifestyle options that encourage healthy, drug-free living that promote long-term well-being.

However, when a person does contract cancer, there is evidence that Chiropractic treatment can be of benefit to a person in living more comfortably and reducing the aches and pains that some experience with this dreaded disease. Case reports illustrate that Chiropractic can be of help in improving a person's quality of life as reported in the *Journal of Manipulative Physiological Therapeutics*.

One such report involves a 57-year-old man. He was in the later stages of terminal pancreatic cancer when he visited a chiropractor. While his treatment was not able to save his life at this stage, it was documented that the man's pain was considerably reduced.

According to the article, "In this case Chiropractic care was able to provide significant pain relief, reduce the amount of pain medication being taken (as well as their potential side effects), and temporarily improve the quality of life for a patient with terminal cancer."

Another patient, this one a 54-year-old man, was suffering from upper back pain following lung cancer surgery. This painful condition had been going on for over a year with no relief in sight. Quite remarkably, only two visits to a chiropractor brought relief to this individual. Additionally, he was able to discontinue all of his pain medication as well.

According to the article, the principles of Chiropractic applied to these individuals put each patient into a condition where the healing ability of their body was able to again work to its maximum potential. While the person's pain was not directly treated, the body was, and this allowed it to go to work to reduce the pain and the need for medication.

"These clinical examples offer two specific instances of how Chiropractic may improve the quality of a cancer patient's life," the article stated. Persons suffering from any stage of cancer and dealing with pain as a result of the disease would be wise to consult a chiropractor to help maximize their body's healing powers to fight the disease and assist with the discomfort.

HEALTH REPORT

VOLUME 12

ISSUE 26

PREMATURE BABY AND RELIEVED PARENTS BOTH BREATHE EASIER AFTER TREATMENT

When a child enters the world prematurely, there is a good chance that some breathing difficulties might surface. However, when Chiropractic is involved, a premature birth does not necessarily mean that a child is going to have to spend many long months with drug and breathing apparatus intervention.

One such case was recently documented in the *Journal of Vertebral Subluxation Research*. Here was a case where the child suffered from the condition known as bronchopulmonary dysplasia (BPD), which is a lung condition that can be quite serious and results in breathing problems for the premature baby.

The administration of oxygen is the usual treatment for the newborn child. Treatment is delivered in the hospital's intensive care unit and is administered continuously for the first 28 days. A 120 day hospital stay is most likely and administration of antibiotics and continued oxygen treatments are required when the child is finally discharged.

In the case under study, the child who was born 24 days prematurely followed this course of treatment after she was diagnosed with BPD. Oxygen was administered, antibiotics were included, and she was nourished with a feeding tube for 3 months. Finally, after 17 weeks she was discharged and oxygen treatments were continued at home.

The girl was brought to a chiropractor for examination some 3 months after her release from the hospital. A Chiropractic exam showed that she weighed in at just 12 pounds now some 7 months after her birth. Her condition was described as listless. She had pasty skin and sinus congestion; her breathing was short and rapid, and there was no eye contact reported. Plus, she was constipated and colicky.

After just one adjustment, the baby's mother noticed immediate changes. The baby became livelier and was able to use her abdominal muscles to hold her legs up. The colic subsided and she easily passed gas for the first time. The second visit resolved congestion problems and her sinuses began to drain. After her third adjustment, the baby made some loud noises and started to draw air in more easily.

With such positive results, Chiropractic care continued for a period lasting several months. The changes to the child during this period of time were quite remarkable. Daily improvements were noted – such things as more head control, better facial color, regular bowel movements and a much improved breathing ability.

The end result was a healthy child who no longer needed any antibiotics. She never needed to be readmitted to the hospital during or following her Chiropractic treatment. By this time, she was able to roll over easily on her own and no symptoms of her BPD returned. Chalk up another victory for Chiropractic treatment with the result being a child who was well on her way to being able to live a happy and healthy life.

HEALTH REPORT

VOLUME 12

ISSUE 27

AUTISTIC CHILD DEVELOPS SKILLS, HAS IMPROVED LIFE WITH CHIROPRACTIC

The growing statistics on the number of autistic children in our society today are quite alarming. Some reports have it that autism is now occurring in an estimated 1 in 150 births in the United States.

At the same time, more and more cases where children diagnosed with autism who are being helped by Chiropractic are continuing to be recorded. The study here of a 3-year-old child who was helped by Chiropractic intervention is another such important case as reported by the *Journal of Vertebral Subluxation Research*.

This child had been diagnosed with autism about 1 year prior to her first visit to a chiropractor. At the time of her examination, she had social interaction skills that were below the norm for a child her age. She also had learning difficulties, and her language skills consisted only of communicating by screaming and outbursts of temper tantrums. She was not able to communicate through speech that would be normal for her age.

The child's mother was able to offer some information regarding the onset of the child's autism. It was her observation that the symptoms were noticeable following the girl's first set of vaccinations when she had reactions that were different than before and after she had slept for 24 hours.

Testing of the child by her chiropractor included a full evaluation of her spine and her muscle function. It was decided that Chiropractic adjustment should focus on subluxations (partial dislocations of the vertebrae) in her spine and a protocol of gentle interventions were begun.

In all, the child had 28 Chiropractic visits spread over a 10 week period. Initially, the girl was very apprehensive about her adjustments and didn't like to lie down on the chiropractor's table. However, this fear was all but gone by her 5th visit and she was soon lying on the table by herself and was happy to take hold of her Chiropractor's hand.

During her 10th visit, her mother said that the child began to verbalize for the first time. Later in the week, she even started to laugh. This improvement continued on throughout the first month of care when the child began to show expressions of joy and spontaneity while being less hyperactive. Meanwhile, her posture was improving, too.

"This case report illustrates how an improvement respectively in both subjective and objective behavioral patterns and nerve system symmetry follow Chiropractic care in a child with autism," said the authors of the study. And, with the growing evidence that Chiropractic can benefit children with autism, it only makes sense that every child who shows symptoms of the disorder should be examined by a chiropractor to determine if help is possible.

HEALTH REPORT

VOLUME 12

ISSUE 28

ACUPUNCTURE BEATS DRUG INJECTION IN SURVEY ON NECK PAIN RELIEF

When it comes to Eastern Medicine vs. Western Medicine, there is quite a different approach to needles. And, in a recent survey comparing the Eastern Acupuncture needle approach to the Western drug injection needle approach to neck pain, surprisingly it was Acupuncture that came out ahead.

SpineUniverse recently conducted a survey to determine the favored treatment for neck pain and to compare patient satisfaction with a variety of treatment methods. As this survey was conducted in the United States where Western medical treatment and drugs are often the favored treatment, one item of comparison stood out and caused surprise.

This portion of the study compared Acupuncture to injection therapy for neck pain. Of the 310 persons in the study, 43.6% of the patients were satisfied or very satisfied with Acupuncture. What surprised researchers was that only 41.3% said that they were satisfied or very satisfied with their drug treatment.

While the percentage difference between those who preferred Acupuncture over injections is not large, the results were quite surprising to research personnel bases on two main factors: The first had to do with the fact that while vast amounts of money are invested in pharmacological research and injection medication, participants yet favored Acupuncture. The second factor had to do with the fact that many Westerners are still a bit wary of Acupuncture, but those who responded found it to be quite favorable.

On the other hand, the results may be paralleling the growing acceptance of Acupuncture by patients and the medical community. Many are finding that the traditional Chinese art of healing seems to make patients happy and reduce their pains. Once people realize that Acupuncture helps to contribute to the total health of the person and does so with needles that cause little or no discomfort, they are more amenable to giving it a try.

“Acupuncture is a safe treatment option for neck pain, and when done properly by a licensed acupuncturist, it can provide much needed pain relief,” said Laurie Morse, a licensed acupuncturist and Master of Traditional Oriental Medicine. “Many people worry about all the needles, but they’re actually much thinner (almost hair thin) than injection needles. Additionally, you can’t possibly have a reaction to medication because no medication is used in Acupuncture.”

HEALTH REPORT

VOLUME 12

ISSUE 29

ACUPUNCTURE BRINGS RELIEF TO WOMEN WITH POST-CANCER SURGERY HOT FLUSHES

Hot flushes are a common event for women who have gone through surgery for breast cancer and are subsequently being treated with an anti-estrogen drug. Now it appears that Acupuncture may play a role in reducing the occurrence of these symptoms. Additionally, relief seems to continue long after the completion of Acupuncture treatments.

Women who have had surgery for breast cancer are often treated with anti-estrogen Tamoxifen following surgery and hot flushes are often associated with this medication. To counteract these symptoms, hormone replacement therapy is the traditional treatment. Now, following the success of a recent study in Tonsberg, Norway, Acupuncture may become a preferred method of alleviating the discomfort of hot flushes.

A total of 59 women were involved in the study conducted at Vestfold Central Hospital under the direction of Jill Hervik, an acupuncturist and a physiotherapist. All were postmenopausal cancer patients, and each was being treated with Tamoxifen and all were experiencing hot flushes.

The group was randomly divided between patients who would be receiving 10 weeks of Acupuncture and those who would receive sham treatment. Acupuncture was delivered at known points to the women receiving actual Acupuncture treatment twice each week for the first 5 weeks and once per week for the next 5 weeks. Sham Acupuncture was delivered on the same schedule.

All of the women were asked to keep detailed records of their hot flush symptoms for a period of 4 weeks prior to their treatment. They also kept records during their treatment and for a period of 12 weeks following their final Acupuncture session.

Ms. Hervik had this to say about the findings of the study, "During the treatment, hot flushes were reduced by 50%, both day and night, in the Acupuncture group. Three months after the last treatment a further reduction was seen. No significant changes were seen in the sham group during the day. At night there was a slight reduction during the treatment period but, once the treatment had ceased, the number of hot flushes increased again."

Acupuncture has proven to help with reliving many conditions, it is important to complete a full treatment program for a long lasting results.

HEALTH REPORT

VOLUME 12

ISSUE 30

BABY'S WELLNESS AT TIME OF BIRTH MAYBE REDUCED BY ELECTIVE CESAREAN

The overall wellness of a baby as it relates to respiratory and breathing problems can be lessened considerably with an elective cesarean birth that does not reach full term. In fact, the chances of this condition occurring can be as high as 4 times greater for elective cesarean birth than for a child delivered vaginally or by emergency cesarean section.

An examination of breathing problems in newborn children was recently investigated at the Aarhus University Hospital in Denmark. Over 34,000 babies who had between 37 and 41 weeks of gestation were included in the analysis. All of the deliveries were divided into one of two groups – elective cesarean sections and intended vaginal delivery. The “intended” category included emergency cesarean section birth. Of the total, 2,687 of the children were born through elective cesarean section.

Basically, the researchers wanted to discover if there indeed was a difference in breathing problems with children who entered the world in one of these manners. They were especially interested in determining if there was a difference in breathing difficulties for children with differing amounts of gestation.

What the researchers discovered was that there was quite a stunning difference among those born electively with only one week difference in gestation. The results they found were that the risk increased dramatically the earlier the cesarean was performed. At 37 weeks of gestation, it was found that there was almost a fourfold increase in risk of breathing problems. If the child was allowed to stay in the womb for 38 weeks, the risk dropped to threefold. At 39 weeks, there was a doubling of risk of respiratory difficulties.

Specifically, at 37 weeks, 2.8% of the vaginally intended births had breathing issues compared to 10% of the infants delivered by elective cesarean section. At 38 weeks, it was 1.7% for vaginal compared to 5.1% elective. At 39 weeks, it was 1.1% compared to 2.1%.

The exact reasons why children suffer more breathing problems with early elective surgery were beyond the scope of the study and not clearly identified. Researchers did speculate that hormonal and physiological changes that are associated with full term labor may be necessary for the lungs to fully mature. It is considered to be possible that these changes are not present in infants who have been scheduled for an early elective cesarean section delivery.

With more and more elective cesarean sections being performed these days, parents would be well advised to make good use of these statistics in their child birthing decision-making process. The timing factor involved in scheduling the elective cesarean section could become a critical factor in the wellness of the baby. The authors of the study made it very clear that, “Babies delivered by elective cesarean section at 37 to 39 weeks of gestation carry a two to fourfold increased risk of respiratory morbidity compared with babies delivered by intended vaginal delivery.”

HEALTH REPORT

VOLUME 12

ISSUE 31

STOMACH SIZE MAY BE AN INDICATOR OF DEMENTIA OCCURRING IN LATER LIFE

Researchers hoping to find a means to predict if a person will suffer dementia in their later years have concentrated their efforts on the central region of the body. Growing evidence is pointing to the stomach as an early indicator of mental clarity problems that may not develop for another 30 years or more.

According to a study recently published in the *American Academy of Neurology*, people in their 40s with larger stomachs are at a much greater risk for suffering from dementia when they reach their 70s than are persons of similar age who have flatter bellies.

There have been some previous studies that correlated stomach size in the elderly to dementia. However, the results of these investigations have been questioned since many older people lose muscle mass and strength in their upper body. This leaves the elderly with more mass in their midriff and the belly seems to be expanded. Taking a look at much younger people and correlating their physical health to later dementia seemed a better way to gather data.

With this in mind, researchers studied 6,583 people living in Northern California who had measured abdominal density figures from between the ages of 40 to 45. Their bellies had been measured with a caliper to determine their amount of body fat and belly density. Now, an average of 36 years later, 16 percent of these people was diagnosed with dementia.

What the study found was that overweight people with large bellies were 2.3 times more likely than those with a normal belly size to develop dementia. Additionally, people who were considered to be obese and had a large belly were 3.6 times more likely to develop dementia. Being overweight alone did not seem to be as much of a contributing factor, as persons who were overweight but did not have large bellies only had an 80 percent increase in dementia over those with flatter stomachs.

“Considering that 50 percent of adults in this country have abdominal obesity, this is a disturbing finding,” said study author Rachel Whitmer, Ph.D., a research scientist at Kaiser Permanent Division of Research in Oakland, Calif. “It is well-known that being overweight in midlife and beyond increases risk factors for disease. However, where one carries the weight, especially in midlife, appears to be an important predictor for dementia risk.”

It was most interesting to note that having a large abdomen increased the risk of dementia regardless of whether participants were of normal weight, were overweight or were obese. It was noted in the study that non-whites, smokers, people with high blood pressure, high cholesterol or diabetes and those with less than a high school education were more likely to have abdominal obesity.

While more research is definitely needed into the contributing factors that lead to dementia, the results of this study certainly give a person in their middle years a further clue to how their current lifestyle may affect their future. Results of this study point to one more good reason to practice reduced food intake along with a regimen of exercise aimed at reducing abdominal fat. Now it's not just about things like heart health or vanity. A flatter belly can help contribute to future mental health and retained memory.

HEALTH REPORT

VOLUME 12

ISSUE 32

OBESE PEOPLE MAY GET WRONG DRUG DOSAGE

We live in a world where many different sizes of garments, soft drink containers and meal portions are made to fit people of different sizes and shapes. However, there is one important area where little to no consideration has been given for the size of a person and their personal needs. This has to do with prescription medications where a “one size dose that fits all” is still the standard means of distribution.

There are new concerns being forwarded that “one size fits all” dosages of medicine may not be correct for everyone, especially in the case of our society where there are now more obese people than ever before. A report recently published in the journal *Pharmacotherapy* suggests that doctors are often not aware of the possibility that obese people may not be getting the correct dosage of a drug for their size. This could result in their getting an inappropriate drug therapy for an infectious disease.

“Very obese individuals in some cases, even those with severe infections, may be getting only half the necessary dose of a prescription drug such as an antibiotic,” said David Bearden, a clinical associate professor in the College of Pharmacy at Oregon State University. “That’s a problem. It could lead not only to antibiotic failure but also an increase in antibiotic resistance, another serious issue.”

Drug companies have looked at the differences in body size between children and adults for years by offering children’s sized dosages for many drugs. But with adults, very little to no attention has been given to this issue. Right now, the drug industry basically just considers everyone to be between 150-170 pounds and dispenses prescription drugs accordingly. However, “the number of individuals with the highest body mass index, very obese people, is up 600 percent between 1986 and 2000,” said Bearden, and this is an area that definitely needs to be addressed.

The problem is considered to be most severe in the prescribing of antibiotics because they are often used to treat life-threatening infections where bad things can happen to a person if they don’t get the proper dosage of a drug. It is considered to be less of a concern where medications are taken for an extended period of time, such as for high blood pressure or cholesterol. The reason is that patients are more frequently monitored for these medications and adjustments can be made by a doctor as needed.

One of the items that the report says will need much further study is to determine how adipose tissue (body fat) interacts with drugs. The study points out that with some medications this tissue absorbs larger amounts of the drug while other tissues absorb lesser amounts. As a result, some drugs may be effective in their current doses while others are ineffective. Currently, the correct information to make such determinations does not exist, according to the report.

“This is enough of an issue that if I were a very obese person being given an antibiotic, I would discuss it with my doctor,” Bearden said. “Hopefully the doctor will already have considered it and will be able to address your concerns. If not, then it’s a conversation you need to have, and more medical specialists, including pharmacists, may need to be consulted.”

HEALTH REPORT

VOLUME 12

ISSUE 33

MERCURY PRESENCE IN ENVIRONMENT CAN HAVE HARMFUL EFFECTS ON PEOPLE

Much has been written recently about vaccines that contain a mercury compound known as Thimerosal. This substance has been used as a preservative in vaccines since the 1930s and is still present today in shots for influenza and tetanus. There is growing concern among individuals and awareness groups that Thimerosal is responsible for a tremendous increase in the numbers of children who exhibit signs of autism after receiving shots.

In addition to the now well-known Thimerosal compound, mercury is present in our environment in two other major ways. The first is elemental mercury and the second is known as methylmercury. As the potential effects of these substances can be harmful to humans, especially children, it would be wise to have an understanding of their constitution and their presence in the environment.

Mercury in its elemental form is present in many phases of everyday life. It is used in thermometers, electrical switches, thermostats and batteries, for example. As long as mercury and mercury vapor is not allowed to enter the environment, there is little to no concern about its presence. However, if a thermometer breaks, for instance, it would be a good idea to avoid breathing the air in the vicinity of a spill. Breathing mercury vapors can cause headaches, tremors, emotional changes and even affect the kidneys, the respiratory system or cause death in very high concentrations.

By far the most severe problem with mercury contamination in the general environment today has to do with the pollution of our lakes and rivers. Mercury, mainly produced by coal burning power plants, enters these bodies of water through rainfall and is then attacked by microbes in the water. This converts the elemental mercury to methylmercury which then has the potential to enter the food chain through fish. Animals and humans who eat the fish ingest this form of mercury.

Methylmercury is a poison that can be potentially harmful to adults and is proven to be even more harmful to children, especially developing fetuses. It is known that mothers who showed no effects of mercury poisoning have given birth to children with severe disabilities. Additionally, such problems as lack of coordination, speech/hearing impairment, muscle weakness and disturbances in touch sensations have all been noted as occurring with methylmercury poisoning.

Raising one's knowledge and awareness of the mercury in the environment and avoiding it can be a contributing factor to healthy living. First off, be aware that some vaccines still contain Thimerosal. If you are absolutely unable to avoid vaccines, there are now other preservatives that can be used instead of Thimerosal that will keep vaccines free of contamination.

Next, should elemental mercury appear in the environment through a break or accident, clean it up fast and avoid breathing the vapors. Finally, since eating fish is the main manner that methylmercury is ingested, it is a good idea to avoid eating fish that comes from contaminated lakes and streams. This is a warning that pregnant mothers-to-be especially need to heed as mercury can be, of all things, the most harmful to an unborn child.

HEALTH REPORT

VOLUME 12

ISSUE 34

SUIT CHARGES ELI LILLY WITH ILLEGAL PRACTICES IN PROMOTING AND MARKETING ZYPREXA®

Another lawsuit against the major pharmaceutical manufacturer Eli Lilly and Company, Inc., has emerged on the state level, this time in Connecticut. Attorney General Richard Blumenthal has initiated a suit against Eli Lilly for illegally marketing its antipsychotic drug Zyprexa for unapproved uses. The suit alleges that the company has been concealing the serious side effects of the drug and that this practice has been going on for more than a decade.

As a result of the lawsuit, the attorney general seeks to recover millions of dollars of taxpayer and consumer money improperly spent on Zyprexa. This money was spent as a result of the company's illegal marketing of the drug and millions more required to treat the serious side effects resulting from use of Zyprexa. According to the suit, the deceptive marketing campaign concealed the risks associated with the drug including the onset of diabetes, cardiovascular problems and significant weight gain.

Zyprexa has been on the market since it was introduced in 1996. In the United States, it is prescribed for short- and long-term schizophrenia, acute mixed and manic episodes of bipolar disorder and for the maintenance treatment of bipolar disorder. According to the company, 23 million people worldwide have been prescribed the drug to treat these disorders. These are the only uses for which Zyprexa has been approved by the U.S. Food and Drug Administration (FDA).

According to the suit, Eli Lilly created unlawful enterprises to promote Zyprexa for unapproved uses and at the same time worked to avoid federal prohibitions against off-label drug marketing. ("Off-label" is prescribing drugs for uses that have not been approved by the FDA.) Some of these nefarious activities included creating a facade of independent doctors paid by Eli Lilly to promote Zyprexa to peers at "educational" forums and to pay ghostwriters to create favorable articles promoting Zyprexa for unapproved uses while omitting details about the serious side effects of the drug. This would include unapproved uses for adolescents at detention centers and the elderly in nursing homes. Sometimes these promoting physicians received tens of thousands of dollars to illegally promote Zyprexa, according to the suit.

Through the Connecticut Medical Assistance Programs (CMAP), the state pays for part or all medical benefits for those enrolled. This includes pregnant women, newborns, adults with disabilities, people age 65 and over and people who live in nursing homes. Between 1996 and 2006, the CMAP spent more than \$190 million on Zyprexa. In addition, millions of dollars have also been spent to treat injuries related to the use of Zyprexa.

"The illegal marketing campaign exploited children and senior citizens, causing severe weight gain, diabetes and cardiovascular problems," said Blumenthal. "Through a complex series of illegal rackets and lies, Eli Lilly built a multi-billion dollar drug enterprise at the expense of taxpayers, consumers and patient's lives. This action seeks millions for Connecticut taxpayers and consumers who continue to suffer the financial and physical ruin resulting from the improper prescribing of Zyprexa. Eli Lilly adopted a sick marketing mindset: profits over patients, sales over safety. Driven by fierce greed, Eli Lilly corrupted doctors, pharmacies and public officials nationwide who easily abandoned integrity and decency for self-enrichment."

"Despite only limited studies on its efficacy and safety, and only limited federally approved use", said Blumenthal, "Zyprexa has become the third best-selling drug in the world. As a result of Eli Lilly's illegal promotions, the company has grossed an estimated \$22 billion to date", he said.

HEALTH REPORT

VOLUME 12

ISSUE 35

“SINGULAIR®” PLACED UNDER INVESTIGATION FOR POSSIBLE LINK TO SUICIDE

Yet another drug is being placed under investigation by the U.S. Federal Drug Administration. This time it is the pharmaceutical drug Singulair manufactured by Merck & Co. Inc.

The FDA has received reports that the drug is responsible for causing behavior/mood changes, suicidality (suicide thinking and behavior) and suicide. The agency has issued a warning to healthcare professionals and users of the drug that it is conducting an investigation even though it is not telling people to immediately stop using the medication.

Singulair is a drug that is used to treat asthma and the symptoms of rhinitis – including runny nose, itching of the nose, sneezing and stuffy nose. It is also prescribed to prevent asthma that is induced by exercise.

Reports to the drug maker have already caused Merck to take action to update prescribing information to doctors and usage information to patients. These updates fall under the area of “post-marketing adverse effects.”

Here are the adversely reported effects for which Merck already executed a series of informational updates in the past year for the prescribing of Singulair:

- ◆ Tremor, March 2007.
- ◆ Depression, April 2007.
- ◆ Suicidality, October 2007.
- ◆ Anxiousness, February 2008.

The FDA has indicated that it may take up to 9 months to determine the results of this investigation. Regardless of the FDA’s position on Singulair, it is warning both to doctors and to users to be alert to the risk of altered behavior and suicidal thinking.

Singulair falls into a category of drugs known as “leukotriene receptor antagonists.” (Leukotriene is a compound that works to regulate allergic and inflammatory reactions.) Additional leukotriene modifying medications include the drugs Accolate®, Zyflo® and Zyflo CR®.

According to the FDA, “Healthcare professionals and caregivers should monitor patients taking Singulair for suicidality and changes in behavior and mood.”

HEALTH REPORT

VOLUME 12

ISSUE 36

ALASKA SETTLES FOR \$15 MILLION IN SUIT AGAINST LILLY ZYPREXA

The state of Alaska has been involved with an almost month-long trial over a lawsuit with Eli Lilly and Company, Inc., seeking damages regarding the use of the drug Zyprexa in the state's Medicaid program. The trial began on March 3, 2008, and was continuing when a \$15 million settlement was reached.

The state brought suit against Lilly to recover the many millions of dollars spent in treating patients who had experienced weight gain, high blood pressure and diabetes as a result of taking Zyprexa. The lawsuit was a result of the state's claim that it and healthcare providers received insufficient warning that the use of Zyprexa may result in one or more of these medical conditions.

The lawsuit asked that Lilly pay the state for those costs and also pay for civil penalties under the Alaska Unfair Trade Practices and Consumer Protection Act.

Before the trial got underway, Judge Mark Rindner ordered ongoing mediation to occur between the two parties. The \$15 million dollar settlement agreement is far less than state Attorney General Talis J. Colberg was seeking at the trial's outset, but he was satisfied with the end result.

"I am very pleased with the efforts by Assistant Attorney General Ed Sniffen and our team of trial attorneys, Colberg said. "We believe this is a good result for the State of Alaska and the Department of Health and Social Services."

In agreeing to the settlement, Eli Lilly and Company did not admit to any wrongdoing in their promotion or sale of Zyprexa in Alaska. Lilly's senior vice president and general counsel said, "While we had a strong defense, we agreed with the state that the best result for everyone is an amicable resolution."

Included in the settlement for the state is the assurance that Alaska will be treated as favorably as any other state that may settle with Lilly over similar claims.

Zyprexa was first approved as an "atypical antipsychotic" to treat schizophrenia and bipolar disorders. Since then, it has been prescribed to over 23 million people in the United States and 80 other countries.

Currently, nine other states have lawsuits pending against Lilly that are very similar to this one in Alaska. Also 33 additional states are in the process of investigating a joint action against the company seeking a claim settlement.