PBS Dr Donese Worden Health Hot Seat Promotional Video Transcript

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Show Introduction

I'm Dr. Warden. Welcome to Health Hot I'm Dr. Warden.

Why Cardiovascular Disease Is So Common

Welcome to Health Hot Seat, the show where conventional and Seat, the show where conventional and alternative medicine go headtohead to alternative medicine go headtohead to bring you the truth about important bring you the truth about important medical topics. Why is it that medical topics. Why is it that cardiovascular disease is so prevalent?

cardiovascular disease is so prevalent? I think a lot of this has to do with uh I think a lot of this has to do with uh our the way we eat, how we exercise, our the way we eat, how we exercise, um how we fundamentally don't take care um how we fundamentally don't take care of ourselves. Dr. Fames is right. It's a of ourselves. Dr. Fames is right.

Lifestyle, Toxicity, and Intuition in Medicine

It's a lifestyle disease. But we live in a lifestyle disease. But we live in a toxic environment right now. How many toxic environment right now. How many times have you worked with patients that times have you worked with patients that they were right, they were right or you they were right, they were right or you were right. You just had that moment were right. You just had that moment because you were listening to that because you were listening to that intuition. I think that's a big part of intuition. I think that's a big part of medicine that we're we're missing. And medicine that we're we're missing.

Evidence, Science, and Medical Skepticism

And it doesn't have a double blind placebo. it doesn't have a double blind placebo. It never will. It's nice to make these It never will. It's nice to make these claims, but I think I like to see the claims, but I think I like to see the science behind these kinds of things.

science behind these kinds of things. And I haven't seen it. Dr. Thames has And I haven't seen it. Dr.

Who Should Patients Trust?

Thames has given the mantra that I've heard for 30 given the mantra that I've heard for 30 years. Who do we listen to? American years. Who do we listen to? American public and primary care physician public and primary care physician sitting here. How do I know? I don't sitting here. How do I know? I don't think you know. Where do I go? Right.

think you know. Where do I go? Right. Where do I go to even find the Where do I go to even find the statistics that you're talking about? statistics that you're talking about?

And do I just trust what you're telling And do I just trust what you're telling me? If you look at the Vio disaster or me?

Statins, FDA Scrutiny, and LDL Reduction

If you look at the Vio disaster or the Celre disaster and uh when the FDA the Celre disaster and uh when the FDA started to really uh put these studies started to really uh put these studies under a microscope after under a microscope after 2005, there has really not been any good 2005, there has really not been any good studies on

statins and coronary disease.

studies on statins and coronary disease. There have actually been some clinical There have actually been some clinical trials done um since uh 2005. My own trials done um since uh 2005. My own view is that lowering LDL cholesterol uh view is that lowering LDL cholesterol uh is very important for uh reducing the is very important for uh reducing the risk of a recurrent myioardial risk of a recurrent myioardial inffection. When you prescribe a statin, inffection.

Supplements, Quality, and Nutritional Homework

When you prescribe a statin, do you also prescribe CoQ10? No. Without do you also prescribe CoQ10? No. Without information to support it, in my view is information to support it, in my view is not good medicine. So, do you consider not good medicine. So, do you consider books on supplements and books on not books on supplements and books on not good medicine? I I don't read them. So, good medicine? I I don't read them. So, how can you judge them? There's a middle how can you judge them? There's a middle ground here. And this is what doctors ground here. And this is what doctors need to do. They need to do their need to do. They need to do their homework. They need to do more reading.

homework. They need to do more reading. They they need to take the blinders off. They they need to take the blinders off. They need to say, "Look, if I'm going to They need to say, "Look, if I'm going to use pharmaceutical drugs, I better teach use pharmaceutical drugs, I better teach myself or learn more about nutrition." myself or learn more about nutrition." How will the patients know that they're How will the patients know that they're getting a quality supplement? Something getting a quality supplement?

Risks of Pharmaceuticals and Multivitamins

Something that won't harm them even though it that won't harm them even though it supposedly has no side effects because supposedly has no side effects because it's a natural substance, but it may be it's a natural substance, but it may be harming them. But I have to tell you, I harming them. But I have to tell you, I mean, I've been using supplements for mean, I've been using supplements for almost 40 years. I mean, I almost 40 years. I mean, I I don't see the problem. I really don't.

I don't see the problem. I really don't. Look, the fourth leading cause of death Look, the fourth leading cause of death in America today is properly properly in America today is properly properly prescribed pharmaceutical drugs. You prescribed pharmaceutical drugs. You look at the multi-billion dollar look at the multi-billion dollar industry in this country in industry in this country in multivitamins. Okay. A huge percentage multivitamins. Okay. A huge percentage of the vitamins that someone takes in in of the vitamins that someone takes in in a multivitamin goes out in their urine.

a multivitamin goes out in their urine.

Vitamin K2 and Nutraceutical Debate

Correct. It never gets absorbed. So I Correct. It never gets absorbed. So I want to take a point that you said a want to take a point that you said a minute ago about neutrauticals not minute ago about neutrauticals not having any side effects. I would take having any side effects. I would take some contingent with that myself.

some contingent with that myself. Vitamin K2 metquinone 7 literally takes Vitamin K2 metquinone 7 literally takes calcium out of blood vessels where it calcium out of blood vessels where it doesn't belong and it puts it back into doesn't belong and it puts it back into your bones where it does belong. So your bones where it does belong. So vitamin K2 is a very very interesting uh vitamin K2 is a very very interesting uh you know neutrutical and I think you know neutrutical and I think that this idea that you know you can that this idea that you know you can just come up with these ideas and oh just come up with these ideas and oh this all fits together it makes a nice this all fits together it makes a nice story let's just do that without story let's just do that without information to support it in my

view is information to support it in my view is not good medicine. If it's preventative not good medicine.

Placebo, Magical Thinking, and Reading the Evidence

If it's preventative at some point and no side effects from at some point and no side effects from it I don't understand why that wouldn't it I don't understand why that wouldn't be in the thought process. Oh, that be in the thought process. Oh, that means that you have to treat 15 patients means that you have to treat 15 patients to prevent one of them from having to prevent one of them from having muscle discomfort. That well, I'm more muscle discomfort. That well, I'm more than muscle discomfort. You than muscle discomfort. You know, you're such a prince of a guy, but know, you're such a prince of a guy, but what I hear you over there is like what I hear you over there is like almost like the tobacco industry, you almost like the tobacco industry, you know, 30 years ago when we said that, know, 30 years ago when we said that, you know, they were telling us that, you you know, they were telling us that, you know, smoking's okay and it took 30 know, smoking's okay and it took 30 years to get the data out. Here's the years to get the data out. Here's the placebo effect. Here's the medication. A placebo effect. Here's the medication. A lot of times they're pretty close. And I lot of times they're pretty close. And I think we need to be careful uh about think we need to be careful uh about magical thinking. Thinking that we're magical thinking. Thinking that we're getting something in a multivitamin getting something in a multivitamin that's really going to impact our health that's really going to impact our health in the long term. I like to bring in the long term.

Closing Thoughts on Personal Responsibility

I like to bring science to the table, but basically I science to the table, but basically I don't think you should cut out not read don't think you should cut out not read the nutritional books or not read the the nutritional books or not read the books on uh on supplementation because books on uh on supplementation because remember if they're written by credible remember if they're written by credible people, people with certifications that people, people with certifications that you and I both have and there's a you and I both have and there's a bibliography in the back citing the bibliography in the back citing the randomized trials, why not read them? I randomized trials, why not read them? I I think you're you're living your life I think you're you're living your life with blinders on and and that rigidity with blinders on and and that rigidity can come back to bite you. Perhaps it can come back to bite you. Perhaps it can, but I'm prepared to live with that.

can, but I'm prepared to live with that. Ultimately, you write your own Ultimately, you write your own prescription for health. See you next prescription for health. See you next