

This is my letter to the editor that was published in the Jewish newspaper, Hamodia - in their magazine section called Inyan - May 2, 2018

# Kudos

Thank you for a fine publication. You published a whole wheat-sesame breadstick recipe (*Parashas Shemini*/Apr. 11). I have tried it and would like to express my thanks for a great recipe. I tweaked it a bit, using some almond flour. It is simple, tasty and delicious.

MRS. K. BRIEGER

## Be your own health advocate

Thank you for the great article, "Rav Shach's Talmid and Insights Into Health" by Gur Aryeh Herzig (*Parashas Shemini*/Apr. 11). The article suggested that one should be "aware of all those numbers that appear on the results of a blood test." ... How many people do this? I am into preventative medicine, and I ... always request a copy of results from all my blood tests and other medical tests and check to see if anything is out of range. ...[I]t can sometimes indicate a major problem developing and it may be a problem that you can prevent from getting worse....

I am not a doctor, just an unofficial health advocate, and I have requested that people close to me send me their blood tests so I can evaluate them, since many doctors ... are not doing so or may tell the patient about one possible issue and not others. Based on test results, I had told one person his blood sugar level was pre-diabetes when his doctor didn't tell him anything! I confronted the doctor and he agreed that, yes, the patient has pre-diabetes! I suggested that this person see a dietitian, and he agreed!

...Someone else told me that she collapsed one day and was put immediately on dialysis. [Her] doctor never told her that her kidneys were failing! Had she known this a long time ago, she could have possibly prevented her kidney ... from deteriorating, as she was told it was a result of her taking double the normal dosage of Motrin (ibuprofen), which in very large doses is known to cause kidney failure! That is why it is so important that people not rely completely on their doctor to tell them everything.... It was a terrible ordeal for her until she got a kidney [transplant].

...Pre-diabetes, though, can be reversible if it is caught in time and one changes one's diet. People can prevent themselves, in most cases, from getting diabetes.... Also, sometimes a healthy diet of whole grains, fresh fruits and vegetables can reverse a high LLD count and lower one's cholesterol.

...I have read that four out of 10 cancers are preventable. And according to the American Cancer Society, "Avoiding tobacco products, staying at a healthy weight, staying active throughout life, and eating a healthy diet may greatly reduce a person's lifetime risk of developing or dying from cancer. These same behaviors are also linked with a lower risk of developing heart disease and diabetes."

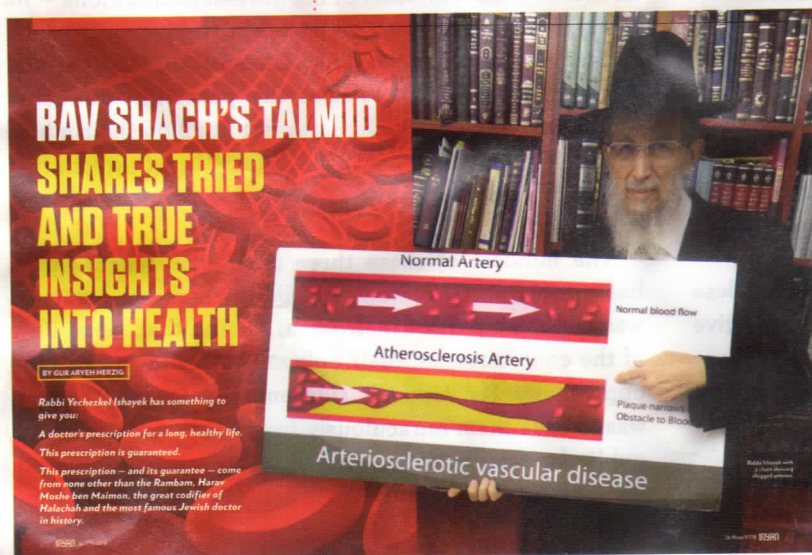
This great article was an eye-opener and I hope, with Hashem's help, this will encourage more people to not totally rely on doctors to inform them fully of test results, [to] take things into their own hands, request a copy of blood tests and review them, and choose a healthier lifestyle that would benefit not only themselves, but their loved ones ... who want them to have *arichas yamim v'shanim tovot*.

*V'nishmartem me'od l'nafshoseichem.*

CHAYA LIPSCHUTZ  
BROOKLYN, NY

Note:  
**Newspaper**  
**Typo**

I wrote  
"LDL"  
-they  
wrote  
"LLD"



Thank you for your letters and comments. Ideas and opinions expressed in these letters are not necessarily those of Inyan's editors. We reserve the right to edit letters. Letters and emails must include your name, address, and daytime and evening phone numbers. See address on page 4.

**NOTE: Meanings of the following phrases:**

1. "Arichas Yamim V'shanim Tovos" - a Jewish blessing for a long and fulfilled life
2. "V'nishmartem Me'od L'nafshoseichem" - "Be very careful about your lives" - Deuteronomy 4,15