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Red Meat Tied to Breast Cancer Risk

From Brigham and Women's Hospital

Researchers at Brigham and Women's Hospital have found that eating more red meat may be associated with a higher risk for certain breast cancers in premenopausal women.

Hormone receptor-positive breast cancers are characterized by tumors in which growth is stimulated by the levels of estrogen or progesterone circulating in the body.

In this study, researchers evaluated the association between breast cancer and red meat consumption in 90,659 female nurses aged 26 to 46 who are part of the Nurses' Health Study II. The researchers found that women with the highest intake of red meat, more than one and a half servings per day, had nearly double the risk for hormone receptor-positive cancer compared with those with the lowest intake of red meat, which was less than three servings per week.

"This study suggests that dietary factors may be related to a woman's chance of developing this type of breast cancer," said lead author Eunyong Cho, Sc.D, researcher at Brigham and Women's.

The research was published in a November issue of the Archives of Internal Medicine.

Dear Reader,

WorldCare extends its very best wishes to you and your loved ones for a New Year filled with good health and prosperity. Join us at Arab Health 2007 in Dubai, United Arab Emirates, where WorldCare will be exhibiting with the WorldCare Consortium institutions.

Sincerely

Rebika Shaw, Regional Director, Corporate Communications

HEALTH NEWS

Study Says Benefits of Fish Outweigh the Risks

From Brigham and Women's Hospital

Many studies have shown the nutritional benefits of eating fish. Finfish and shellfish are high in protein and omega-3 fatty acids. But concerns have been raised in recent years about chemicals found in fish from environmental pollution, including mercury, PCBs, and dioxins. That has led to confusion among the public. Do the risks of eating fish outweigh the benefits?

Researchers from the Harvard School of Public Health tackled that question by undertaking the most comprehensive analysis to date of fish and health. This was the first review to combine the evidence for major health effects of omega-3 fatty acids, major health risks of mercury, and major health risks of PCBs and dioxins in adults, young children, and infants. The results show that the benefits of eating a modest amount of fish per week—about 3 ounces of farmed salmon or 6 ounces of mackerel—reduced the risk of death from coronary heart disease by 36 percent. The researchers also demonstrated that intake of fish or fish oil reduces deaths from all causes by 17 percent.

The research appeared in an October issue of *The Journal of the American Medical Association*.

Master Cell May Help Repair Heart Damage

From Massachusetts General Hospital

Harvard scientists announced in November that they had discovered a single kind of cell that builds the three main types of heart tissue, an advance that boosts the prospects of using cells to treat heart disease, the nation's top killer.

The team identified the heart cell in mice, and proved that it develops into the muscle cells that power the heart, the cells that make up blood vessels, and the smooth muscle cells that allow the vessels to expand and contract. If the human equivalent of the new cells is found, it could be given to patients to rebuild heart tissue that cannot be repaired today. The work could also give biologists new tools to look for heart drugs.



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Master Heart Cell (continued)

There has been a rush of work in recent years to develop therapies that inject cells capable of repairing patients' damaged heart muscle. But the field has been hampered because biologists have not known what type of cell to use. Researchers around the world have launched clinical trials, but the trials have used blood cells, not heart cells, and the results have been modest, at best.

Unlike some organs of the body, the heart has a very limited ability to repair itself, so doctors have found it difficult to reverse the cardiac effects of disease or congenital defects. Recently, cardiac specialists have begun to talk more seriously about the idea of substantially rebuilding damaged hearts. One strategy has been to better understand how the body builds a heart in the first place, with the hope of finding cells that retain this ability long after the heart has been formed.

The new research identifies, for the first time, a kind of master heart cell, similar to a stem cell, with a proven ability to build a wide range of heart tissues. Significant obstacles remain before cell therapies based on the research can be tested in humans.

The findings were published online in November, 2006, by *Cell*.

Tonsillectomies: No Need to Linger in Hospital

From the Univ. of California, Los Angeles

Children undergoing tonsillectomies will be happy to know they should be able to go home shortly after surgery. A new UCLA study showed that it can be safe and cost-efficient to discharge pediatric tonsillectomy patients after a short post-operative recovery period at an outpatient surgery center.

NEWS ON WORLDCARE

WorldCare developing Wellness Center in Dubai. In partnership with Duke University Health System and Partners HealthCare System, WorldCare is developing a unique Wellness Center in Dubai to provide world-class wellness, diagnostic and hospitality services. Conceptualized by WorldCare, this center will bring expertise from the oldest and most-successful diet and fitness program in the United States, through a lifestyle health coaching approach. The WorldCare Wellness Center will feature a wellness, diet and nutrition program, as well as state-of-the-art diagnostic services, provided in a luxurious hotel and spa setting.

WorldCare exhibiting at Arab Health show. WorldCare will be exhibiting at Arab Health 2007 along with Duke University Health System, Partners HealthCare System, UCLA Healthcare and Boston Children's Hospital. The show, scheduled to take place in Dubai from January 29 to February 1, 2007, is the largest healthcare event in the region with more than 2000 exhibitors from 67 countries.

"A 180-degree turn"

Patient Perspective

"My mother's cardiologist had recommended a pacemaker to solve her cardiac arrhythmias. When my mother's cardiologist received a copy of this Second Opinion, she immediately gave a 180-degree turn to her treatment plan.... She explained that the artery obstruction was very small and that with treatment and diet she could solve the problem." — Gloria B., Paraguay

About WorldCare

The global health care community has trusted WorldCare since 1994, when it became the first company to offer physician-referred, patient-specific, second opinion e-consultations (telemedicine) for serious illnesses. WorldCare benefits patients around the world by providing access to top physicians, cutting edge medical practices and best medical advice through highly specialized electronic medical opinions from the best medical centers in the United States.

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The study found no increased complications with an average discharge time of 1 hour and 47 minutes, which was significantly less time than prior studies, which showed that patients should remain at least 2 hours and 18 minutes. The study indicates that shorter stays may be safe and cost-effective.

Patients remain in recovery after tonsillectomy so that medical staff can monitor the child after emerging from anesthesia, to allow for

the child to wake up to their pre-surgical condition, and to monitor for any signs of adverse reaction to general anesthesia or other unexpected problems. Patients are typically cleared for discharge once they are alert, their vital signs are stable and they have fully awakened from the anesthesia.

The findings from the UCLA study were reported in a November, 2006, issue of *International Journal of Pediatric Otorhinolaryngology*.



Contact your local WorldCare office if you are interested in obtaining a second opinion from a WorldCare Consortium hospital. Visit www.worldcare.com for more information.