



# The Liker Health Report

Keeping People Focused on Staying Fit & Healthy

Fall 2009

*The Liker Health Report is a quarterly publication intended to raise awareness of health-related issues and to encourage readers to take charge of their health and live healthier, more fulfilling lives.*

## The Heart of the Matter: WIDENING WAISTS

The obesity statistics in the United States are alarming -- more than two-thirds are either overweight or obese and twenty-six percent are fully classified as obese. The disability and death from chronic diseases such as diabetes, heart disease, poor circulation, and cancer are well documented; however, scientists have just discovered one more reason to shed the pounds. All those expanding waistlines are causing brain shrinkage.

Newly published research from UCLA neuroscientists suggests that overweight and obese elderly people have significantly less brain tissue than their normal weight peers. Ninety-four otherwise healthy (no dementia or Alzheimer's disease) people in their 70's were studied for five years. Brain scans revealed that the overweight volunteers had four percent less brain tissue than normal weight people, which correlated to an appearance of a brain eight years older than its true age. The obese volunteers had eight percent less brain tissue and a brain looking sixteen years older.

Brain tissue was lost in the frontal and temporal lobes (memory and planning); the anterior cingulate gyrus (attention and decision making); the hippocampus (long-term memory); and the basal ganglia (movement). Researchers assert that the significant tissue loss depletes the cognitive reserves and puts overweight and obese individuals at a greater risk of Alzheimer's disease and other diseases which attack brain tissue. The findings of this study would seem to explain why a person with a higher body mass index (BMI) is more likely to have degenerative cognitive conditions than a person with a normal BMI. This study is important because it is the first study to provide concrete evidence (brain scans) linking cognitive decline with being overweight or obese.

Recent studies have reported these additional health consequences of excess body weight:

▶ **Excess weight accelerates osteoarthritis**

For every one-unit increase in BMI, the risk of rapid cartilage loss in the knee increased by 11% (*Radiology*, August 2009).

▶ **Female obesity increases endometrial cancer risk**

Women under age forty-five at the time of their last menstrual period with a BMI of 35 or greater have a 22 times greater risk for endometrial cancer than women with a healthy BMI (*Obstetrics & Gynecology*, July 2009).

▶ **Male obesity increases risk of prostate cancer recurrence**

A higher BMI is associated with an increased risk of prostate cancer recurrence in black and white men following a radical prostatectomy (*Cancer*, August 2009).

▶ **Abdominal fat increases asthma risk in women**

Women with more fat around their waists are more likely to develop asthma even if they are not overweight (*Thorax*, August 2009).

### INSIDE THIS ISSUE

The Heart of the Matter <b>OBESITY</b>	1
Your Lifestyle <b>DIZZINESS</b>	2
Playing It Safe <b>H1N1 IN THE WORKPLACE</b>	3
The Inside Story <b>AGING PARENTS</b>	4
Personal Health <b>GLUTEN INTOLERANCE</b>	6
Medicine Cabinet <b>ACTRON</b>	7
Dear Dr. Liker <b>CAFFEINE &amp; ENERGY DRINKS</b>	8
What's the Message?	8

## Your Lifestyle: DIZZINESS, VERTIGO & MOTION SICKNESS

### **What is dizziness?**

Dizziness is a general term for feeling lightheaded or unsteady which is caused by a disturbance in one's sense of balance and equilibrium. Vertigo is a specific type of dizziness in which the person feels as if he/she is moving or the surroundings are moving despite being stationary. Motion sickness is a nauseating feeling caused by the actual motion of a car, airplane, boat or roller coaster.

### **What causes dizziness?**

The primary cause is impaired circulation or insufficient blood flow to the brain. Standing up too quickly can cause people to feel lightheaded, but it's only temporary. Frequent or chronic lightheadedness can be caused by hardening of the arteries and is common in people who have diabetes, high blood pressure, or elevated cholesterol. Other conditions such as severely impaired cardiac function, anemia, and hypoglycemia (low blood sugar) can cause dizziness. Stimulants such as nicotine and caffeine, and other drugs decrease blood flow to the brain, and excessive dietary salt can lead to poor circulation. Emotional stress or anxiety can cause circulation to be impaired temporarily.

Insufficient blood flow to the inner ear causes vertigo. The inner ear is sensitive to even minor changes in blood flow caused by the conditions mentioned above. Vertigo can also be the result of migraines; changing the position of one's head; labyrinthitis caused by inner ear infections; and Ménière's syndrome, characterized by fluctuating hearing or ringing in one ear and pressure in the ear.

Injury, infection, and allergies can also cause dizziness. A severe skull fracture which damages the inner ear can result in incapacitating vertigo and hearing loss. The dizziness will slowly subside over several weeks as the healthy inner ear begins to compensate for the damaged one. Viruses which attack the inner ear and the nerves connecting the inner ear to the brain can cause severe vertigo.

Although most viral infections do not cause hearing loss, bacterial infections can completely destroy both equilibrium function and hearing in the affected ear. Similar to a skull fracture, the dizziness subsides as the healthy ear begins to compensate. Food and/or airborne allergens (animal dander, pollen, dust, and mold) can also cause dizziness and episodes of vertigo.

### **SENSE OF BALANCE**

Balance is governed by the interaction of various components of the central nervous system.

**INNER EARS:** The inner ears monitor the directions of head and body motion, including turning, side-to-side, forward-backward, up-and-down, and rolling motions.

**EYES:** The eyes monitor the location of the body in space (i.e., standing upright, hanging upside down), as well as the direction of movement.

**MUSCLE & JOINT RECEPTORS:** The sensory receptors in the muscles and joints indicate which parts of the body are moving.

**SKIN PRESSURE RECEPTORS:** The pressure receptors in the joints and spine indicate which part of the body is touching the ground.

**BRAIN & SPINAL CORD:** The brain and spinal cord process all the bits of sensory information and interpret the meaning.

To a lesser extent, dizziness can be caused by neurological diseases which affect balance. These include multiple sclerosis, brain or inner ear tumors, and syphilis.

### **How is dizziness evaluated?**

During a doctor's evaluation, you will be asked to describe your episodes of dizziness, particularly what you were doing when they occurred, how long they lasted, and what if anything made you feel better. Your general health will be assessed along with routine tests, such as blood pressure, hearing, nerve function, and balance. Your doctor will also examine your ears, nose, and throat for any visual abnormalities. Depending on the probable cause, your doctor may refer you to an otolaryngologist (ENT - ear, nose & throat - doctor) or order additional tests such as an MRI or CT scan of the head, eye motion tests, blood tests, or a cardiac evaluation.

*Continued on page 7.*

## Playing It Safe: H1N1 IN THE WORKPLACE

The H1N1 virus is posed to re-emerge in the fall and winter months, and similar to seasonal influenza, it will spread more easily in closed environments such as schools, day care centers, and the workplace. Viruses love the cool weather because humans tend to stay indoors and pass the viruses to one another. If you live in the northern latitudes, prolonged periods of winter weather are ideal for viruses to thrive.

Thirty-six thousand Americans, mostly elderly persons, die from seasonal influenza every year. The H1N1 virus appears to be causing severe illness in children and young adults. The average age of persons who have died from H1N1 is thirty-nine.

### DECREASING YOUR RISK AT WORK

The best defense aside from frequent hand washing is **social distancing**, or increasing the physical distance between people. Ideally, you should maintain a distance of six feet between yourself and another person. Other steps to reduce the spread of influenza in the workplace include minimizing face-to-face meetings, spacing workers farther apart, utilizing telecommuting, and cancelling non-essential travel. Additional behaviors that can make a real difference in who gets sick and who doesn't include:

- ▶ Go outdoors for breaks and breathe fresh air.
- ▶ Minimize eating out in restaurants.
- ▶ Eat food that you prepare yourself.
- ▶ Avoid holiday pot-lucks.
- ▶ Wash your hands before you go to your desk in the morning and before you leave to go home.
- ▶ Use an antibacterial wipe or spray to sanitize your computer keyboard and telephone handset when you first come to your desk.
- ▶ Use a dry paper towel to open the restroom door when you are finished.
- ▶ Avoid holding onto stair, elevator, and escalator rails, if possible.
- ▶ Use an alcohol-based hand sanitizer after opening lobby doors or touching items that many other people touch.

### IF YOU BECOME ILL

If you develop a fever (100°F or greater) or influenza symptoms, stay at home until symptoms have gone away and your temperature is normal for 24 hours. The symptoms of H1N1 flu are similar to the symptoms of seasonal flu and include cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue. Many infected people

### COVER YOUR COUGH OR SNEEZE

*Use a disposable tissue to cover your mouth and nose when you cough or sneeze.*

OR

*Cough or sneeze into your upper sleeve, not your hands.*

have also reported diarrhea and vomiting. In most cases, symptoms will last between three and five days. Note: not

everyone who is ill will have a fever. If you are healthy but have a sick family member at home, you should go to work as normal. Carefully monitor your health and temperature for any flu-like symptoms and go home if you become ill. Follow these guidelines to speed your recovery:

- ✓ Rest.
- ✓ Drink plenty of non-caffeinated liquids.
- ✓ Avoid using alcohol and tobacco.
- ✓ Take medication to relieve the symptoms of flu (i.e., Tylenol or aspirin). *Never give aspirin to children or teenagers who have flu-like symptoms – and particularly fever – without first speaking to your doctor.*

### What about the co-worker who won't cover his cough?

The H1N1 virus is extremely contagious and everyone has a responsibility to prevent the spread of disease. If polite asking doesn't help, speak to your human resources department. Everyone has a right to work in as healthy a work environment as possible.



### Did You Know?

Respiratory droplets from coughs and sneezes are the primary mode of transmission to spread influenza viruses.

## The Inside Story: AGING PARENTS

Everyone wants their parents to remain healthy and self-sufficient for as long as possible, but it can be difficult to keep tabs on them, especially if children live far away. Even if caring for elderly parents is not a concern just yet, it's wise to learn the warning signs of health problems so you can be ready if a problem does arise. Additionally, you'll want to be prepared for a medical emergency should your parent be unable to communicate with doctors.

If you don't live near your parents or don't see them very often, look for these five signs to determine whether your parents may need some assistance or medical intervention.

### WEIGHT LOSS

Losing weight without trying can indicate a serious medical problem such as cancer, malnutrition, heart failure, depression or dementia. It could also be non-disease related, such as lack of energy to cook, difficulty grasping utensils to cook with, decreased sense of smell or taste, or difficulty reading recipes or labels. Talk with your parent about the weight loss you observe; if you think it's medically related, suggest your parent schedule a doctor's visit and offer to go with. If it is non-medical, discuss ways that cooking and eating can be easier and more appealing. Inviting a neighbor over for dinner once or twice a week might just solve the problem.

### SELF CARE

Personal appearance can be an indicator of one's physical and mental capacity to care for oneself. Failure to maintain daily hygiene habits such as bathing, teeth brushing, grooming, and wearing clean clothes could be the result of physical impairment (i.e., arthritis), depression, or dementia.

### MOBILITY

The loss of mobility may make it increasingly difficult for an aging person to care for themselves. Muscle weakness, joint problems, osteoporosis, or excess weight can make moving around more uncomfortable and lead to a more sedentary lifestyle. Reluctance to walk, inability to walk a normal distance, or instability while walking are behaviors to look for as they may lead to deteriorating health and/or debilitating falls.

Help by encouraging them to stay physically active, take medications as needed to relieve stiffness or pain, use a walker or cane, and remove any mobility obstacles in the home.

### HOME SAFETY

Maintaining a properly working and safe home becomes more difficult as people age. There may come a time when the "do-it-yourselfer" needs help with the overgrown yard or cleaning the house. Physical challenges may cause safety to suffer when climbing stairs, walking narrow hallways, navigating slippery walkways, bending over to cleaning up clutter, or replacing light bulbs. Mental challenges such as depression may take away the motivation to care for the home. Identify and fix any safety issues to help ensure your parents can live in their home as long as possible.

### PERSONAL OUTLOOK

How your parents feel about their lives in general, may be an indicator of their general well-being. Withdrawing from hobbies or social activities once enjoyed or experiencing a drastically negative outlook on life could be a sign of depression. Initiate the conversation and encourage them to talk about how they're feeling. Suggest they talk with their doctor if you suspect they may be depressed.

If you sense a problem with your parents, be proactive. Discuss the situation with them; they may be afraid to ask for help and more afraid of losing their independence. Schedule a doctor's appointment if necessary and accompany them. Relay your concerns to the doctor and become involved with their care as an advocate for their health. Collect all pertinent health information so you can interact with doctors on your parents' behalf; this is especially important in an emergency situation where your aging parents may be unable to communicate with emergency responders or hospital personnel. At the right are ten things you should know.



#### *Did You Know?*

Americans provide eighty percent of the long-term care for family members.

### ***What you need to know in a health emergency***

- ✓ Doctors names and phone numbers
- ✓ Birth dates and social security numbers
- ✓ Health insurance provider information, including policy number
- ✓ All prescription and over-the-counter medications, including vitamins, minerals and herbal supplements
- ✓ Medication and/or food allergies
- ✓ Chronic medical conditions
- ✓ Previous surgeries and medical procedures
- ✓ Health habits, such as alcohol, tobacco, or drug use
- ✓ Advance directive for health care
- ✓ Religious beliefs regarding medical care

Some parents may not want their children to discuss their health with their doctors. The Health Insurance Portability and Accountability Act (HIPAA) prevents doctors from discussing a patient's private medical information with family members unless the patient has granted his/her permission. However, if it is in the best interest of the patient, doctors may talk with adult children of the patient. In other words, if talking to the children helps the doctor provide better care for the patient, this is allowed.

#### **HIPAA & Patient Privacy**

*The Health Insurance Portability and Accountability Act (HIPAA) does not prevent a doctor, nurse, or other caregiver from discussing a parent's medical condition or options for care with his/her child in (1) an emergency situation and (2) when it is in the best interest of the parent. An emergency situation would be characterized by the parent's inability to answer questions about his/her current health status or medical history. This could be due to a state of unconsciousness, memory problems (i.e., dementia or Alzheimer's disease), or inability to communicate (i.e., stroke).*

### ***Need help getting the conversation started?***

A simple question can provide a lot of information on the state of your parents' health. *How was bingo this week? Did you like your pastor's sermon?* Look for answers that indicate withdrawal from social activities. *Did you go to the beauty salon? How do you like the bath soap I gave you?*

### ***Using Your Senses to Know When Parents Need Help***

Using your five senses is an easy way to determine whether aging parents or family members need some assistance.

**SIGHT:** An individual's personal appearance or the appearance of the home can be a sign that there is a problem with tasks of daily living. Diminished physical or mental capacity may hinder otherwise simple tasks such as hygiene. Look for soiled clothing, an uncharacteristically dirty house, and expired medications.

**SOUND:** Listening to what the person says and how they say it can reveal one's mental functioning. Is his/her speech slurred or slower than normal? Is it difficult to find the right words or compose sentences? Does the person call you by name?

**SMELL:** Use your nose as an indicator of hygiene and cleanliness. Is he/she bathing regularly? Is the house being cleaned and the laundry being washed? Is there spoiled food in the refrigerator?

**TASTE:** Tasting a person's food can help you determine whether he/she is eating healthy. Has sugar been substituted for salt? Are recipes being prepared correctly?

**TOUCH:** A simple hug can indicate fragility or weight loss. Does touching cause bruising or tearing of the skin? Does the skin feel normal in texture and temperature?

Look for answers that indicate forgetfulness about personal hygiene. *What did you eat for lunch?* Look for answers that indicate memory problems or poor nutrition. These can also be great conversation starters for the serious discussion about quality of life, advance directives, and religious preferences.

By taking the time to discuss health issues with aging parents before a crisis arises, both parents and children will have an increased sense of security and comfort. Try to involve your other siblings, but if the task falls upon your shoulders, do what you can and seek assistance from social services agencies and community or church groups. Remember that one day in the future, *you* will be in the role of the aging parent.

# Personal Health: GLUTEN INTOLERANCE

## What is gluten intolerance?

Gluten intolerance is a condition in which gluten-containing foods cause gastrointestinal distress. Symptoms include gas, bloating, diarrhea, constipation, constipation alternating with diarrhea, nausea, chronic fatigue, weakness, anemia, and weight loss. Symptoms may be the direct result of an intolerance to gluten or due to insufficient consumption of nutrients because the patient feels too ill to eat. Symptoms go away when gluten is either eliminated or reduced. Gluten intolerance is not a well researched condition, and patients often report “tummy distress” or generalized intestinal discomfort when eating certain foods. There is however, a growing body of clinical evidence to support its existence.

## How does gluten intolerance differ from celiac disease?

Gluten intolerance is a sub-type of gluten sensitivity, of which celiac disease is also. Although gluten intolerance and celiac disease share many of the same symptoms, gluten consumption in an individual with gluten intolerance does not damage the small intestine as with celiac disease. Celiac disease is a genetically inherited disease caused by the body’s immune response to gluten. Malabsorption is a serious side effect in celiac disease and can affect other organs in the body.

## How is gluten intolerance diagnosed?

There are no medical tests for gluten intolerance, except to rule out celiac disease. An elimination diet can be utilized. First, all gluten-containing foods are avoided for a week to “cleanse the digestive tract”. Then gluten-containing foods are re-introduced one at a time. The patient monitors his/her symptoms to determine which foods produce symptoms and to what degree.

## How is gluten intolerance treated?

If celiac disease has been ruled out, the recommended treatment for gluten intolerance is to follow a low-gluten or gluten-free diet.

### ALLOWED GRAINS & FLOURS

rice, corn, soy, potato, tapioca, beans, garfava, sorghum, quinoa, millet, buckwheat, arrowroot, amaranth, teff, nut flours

### GRAINS & FLOURS TO AVOID

wheat (durum, graham, kamut, semolina, spelt), rye, barley, triticale

Gluten Intolerance vs. Celiac Disease		
	Gluten Intolerance	Celiac Disease
Blood tests		
TTG-IgA/IgG	negative	positive
EMA-IgA/IgG	negative	positive
Small intestine damage	no	yes
Gluten-free diet benefits	yes	yes

The key to avoiding gluten-containing foods is to carefully read the ingredient labels on processed food packages. If a product is labeled “wheat-free”, it can still contain gluten from other sources such as rye or barley. Many foods contain “hidden” gluten, so try to avoid processed foods as much as possible. Whole foods and minimally processed foods are much healthier and more nutrient-dense.

- Some foods may contain “hidden” gluten**
- ✓ breadings & coating mixes
  - ✓ broth & soup bases
  - ✓ brown rice syrup
  - ✓ candy
  - ✓ cereal products
  - ✓ imitation bacon
  - ✓ imitation seafood
  - ✓ marinades
  - ✓ processed lunch meats
  - ✓ sauces & gravies
  - ✓ self-basting poultry
  - ✓ soy sauce
  - ✓ prescription medications
  - ✓ over-the-counter medications
  - ✓ vitamins & minerals
  - ✓ herbal supplements



**Did You Know?**  
Distilled alcoholic beverages, wine and vinegars are gluten-free, but beers, ales, lagers, & malt vinegar contain gluten.

## DIZZINESS *continued from page 2*

Depending on the cause, your doctor will prescribe an appropriate treatment plan. There are, however, a few lifestyle changes that will minimize the chances of experiencing dizziness.

- ✓ Avoid changing positions rapidly (i.e., sitting up too quickly)
- ✓ Avoid turning or twisting the head rapidly.
- ✓ Avoid nicotine
- ✓ Reduce caffeine and salt intake
- ✓ Drink plenty of water
- ✓ See a doctor for ear infections, respiratory or sinus infections, and the flu
- ✓ Avoid allergens
- ✓ Minimize stress and anxiety

### ***When is medical attention necessary?***

Very often, dizziness and motion sickness are mild and self-treatable. You should make a doctor's appointment if you begin to experience dizziness episodes out of the blue; the dizziness is severe; you started having dizziness after beginning a new medication; symptoms are different than in the past; dizziness is progressively worse; or hearing is noticeably diminished. Call 9-1-1 or have someone drive you to the emergency room if you experience any of the following symptoms:

- a head injury
- convulsions or vomiting
- fainting or loss of consciousness
- fever greater than 101°F, severe headache, or extremely stiff neck
- chest pain, shortness of breath, rapid heart rate, inability to move an extremity, sudden change in vision, slurred speech, inability to speak

### ***How is motion sickness treated?***

The key to minimizing motion sickness symptoms is to match what your body and inner ears feel with what your eyes are seeing. For example, sit in the front seat of the car and focus your eyes on distant scenery; watch the horizon from the deck of the boat; sit in a window seat on a plane, preferably over the wing where the motion is less. Take an over-the-counter motion sickness medication such as Dramamine® or Marezine®.



## The Medicine Cabinet

### Actron® Pain Reliever

**Trade Name:** Ketoprofen (kee toe proe' fen)

**Drug Classification:** NSAID - non-steroidal anti-inflammatory drug and analgesic

**Purpose:** used primarily to relieve pain, swelling, tenderness, and stiffness caused by osteoarthritis and rheumatoid arthritis; may also be used for other types of pain, including menstrual pain.

**Action:** ketoprofen halts the body's production of prostaglandins and leukotrienes which are responsible for inflammation, pain, and fever.

**Dispensing Method:** oral capsule taken 3 or 4 times daily for arthritis or every 6 to 8 hours as needed for pain. Actron® may be taken with food or milk to prevent an upset stomach.

**Major Precautions:** Patients who take Actron® and other NSAIDs (other than aspirin) may have an increased risk for heart attack or stroke. Call your doctor if you become pregnant while taking Actron®. If you are having surgery or dental work performed, tell the doctor that you are taking Actron®.

**Side Effects:** Actron® may cause upset stomach, constipation, diarrhea, headache, dizziness, anxiety, drowsiness, ringing in the ears, and difficulty falling asleep or staying asleep. Notify the doctor if any symptoms do not go away or worsen. **SERIOUS:** vision changes; itching, rash, blisters, or hives; fever; swelling of the eyes, face, lips, tongue, throat, arms, hands, lower legs, ankles, or feet; hoarseness; difficulty breathing or swallowing; unusual bleeding or bruising; lack of energy or excessive tiredness; loss of appetite; nausea; pain in the upper right stomach; flu-like symptoms; rapid heartbeat; pale skin; yellowing of the eyes or skin; difficulty or pain when urinating; cloudy or discolored urine; blood in the urine; back pain; unexplained weight gain. Call your doctor immediately if you experience any of these symptoms and stop taking Actron® until you speak to your doctor.

*As with any medication, always follow your doctor's instructions, and if you have any problems, side effects, or questions, follow up with your doctor or pharmacist.*

## What's the Message?

### FOR YOUR OBESITY AWARENESS:

New research shows how overweight and obesity affect brain size and premature aging of the brain.

Maintain a healthy body weight and BMI to reduce your risk of disease and disability.

### FOR YOUR DIZZINESS AWARENESS:

One's sense of balance can be affected by errors in the input to the central nervous system.

Sudden or severe dizziness should be evaluated by a physician, as it may be a sign of a serious medical condition.

### FOR YOUR H1N1 AWARENESS:

Preventing the spread of H1N1 in the workplace is everyone's job. Most importantly, stay home if you are sick with the flu.

Good hygiene practices are the best defense against the H1N1 virus.

### FOR YOUR AGING AWARENESS:

Keep tabs on your parents in order to notice subtle changes in their cognitive and physical abilities.

Don't be afraid to discuss topics related to aging, health, or end-of-life care.

### FOR YOUR GLUTEN AWARENESS:

Get an accurate diagnosis of your gluten sensitivity, and rule out celiac disease, so you and your doctor can determine the best treatment.

Many foods contain hidden sources of gluten, so read labels carefully.

#### QUOTABLE QUOTATIONS

*In the sick room, ten cents' worth of human understanding equals ten dollars' worth of medical science.*

**Martin H. Fischer**

### **Dear Dr. Liker... Can drinking too many energy drinks cause stomach problems?**

Consuming several energy drinks daily, such as Red Bull, Rockstar, Monster, and Full Throttle, can lead to inflammation, bleeding, and ulcerations in the small intestine which causes severe pain. Gastritis (stomach irritation) can be caused by excessive caffeine consumption, and these beverages are high in caffeine. Many energy drinks also contain guarana, a caffeine-containing plant from South America whose seeds are crushed and added for an extra stimulant effect.

Caffeine-supplement overdose is serious, with about 12% of patients requiring hospitalization, and about two-thirds going to the intensive care unit. Other side effects include insomnia, heart palpitations, chest pain, tremors, sweating, nausea, vomiting, and diarrhea. Consuming more than the recommended one drink per day compounds the side effects. For a comparison of the caffeine content of energy drinks and other popular beverages, go to [www.energyfiend.com](http://www.energyfiend.com).

**HL**

---

## Keeping People Focused on Staying Fit & Healthy

---



### **LIKER CONSULTING, INC.**

The Center for Executive & Corporate Health

**Harley R. Liker, M.D., M.B.A.**

Executive Director

9675 Brighton Way, Suite 350  
Beverly Hills, CA 90210

E-mail: [hliker@likerconsulting.com](mailto:hliker@likerconsulting.com)  
[www.likerhealthreport.com](http://www.likerhealthreport.com)

Publisher and Editor-in-Chief -- Harley Liker, M.D., M.B.A.  
Senior Editor -- Karen Edwards, M.S.