

Caution with New Medications

Many patients ask about the latest and greatest in new medications on the market. If it's not hair growth or weight loss, it's about increasing your energy or self-esteem. One rule of thumb on any new device or medication is to wait five years while the general American population uses the product. Too often problems or side effects become evident over time than were originally claimed. Do you remember a device used to crush kidney stones where the person was put into a tub of water and ultrasound waves were directed at the stone to crush it? Later, this device was found to cause local tissue damage and reduce kidney function? Needless to say, it is hardly being used anymore. Or do you remember the aerosol can that put a mist into the air to imitate a room humidifier, but caused people to die; or that weight loss medication which caused heart valve damage? After a five year "trial period" on the general public, reassess your need for these new devices or medications. If they truly are good for you, they will still be on the market.