

HEALTH & WELLNESS



PERSONAL JOURNAL.

New World-Series Order Who Has the Best Chance of Winning This Year SPORTS D6

Adding 3-D To Mammograms ACHES & CLAIMS D2

© 2012 Dow Jones & Company. All Rights Reserved.

THE WALL STREET JOURNAL.

Tuesday, October 2, 2012 | D1

Why We Are So Rude Online

People say things to each other online that they would never say face to face. Imagine if dogs could post online.



Rex Isn't this horrible? There were 833 incidents where pit bulls hurt people! http://www.randomnewspaperarticle.com/dogstats



Buckingham OMG, can that be true??? That's really upsetting!!!



Spike Why is this breed even allowed to exist? Check out this video of two pit bulls fighting ...



Fifi Do your homework before posting, you idiot. The problem isn't pit bulls. It's the people who own them!!



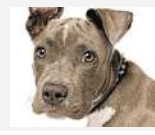
Tabitha Everyone, I'd like to point out there is no official "breed" called the "pit bull" ...



Doctor Rover Take it from someone who has been treating dog bites in an ER for 20 years--I have never seen a golden-retriever bite that required emergency medical treatment.



Fifi Did you actually bother to confirm which breed was responsible for your patients' bites, you cretin?



Buckingham Yeah--try getting out of the ER once in a while, you mutt.



Tanya Actually, have you seen the latest stats on black Labs? They are even more vicious ... One bit my cousin's yoga instructor. LOL



Spike It's all because of Obamacare ... Or maybe it's global warming.

IN THE LAB

New Strategy May Boost Fertility Clinic Success Rate

By Shirley S. Wang

Fewer than half of women seeking help from a fertility clinic succeed at having a baby after just one treatment. Now, some researchers believe they have come upon a way to improve those odds.

There is growing evidence suggesting that freezing an embryo after fertilization and thawing it for use in the woman's next monthly cycle leads to higher pregnancy rates, compared with using the embryo immediately. A recent scientific review of three small randomized and controlled studies found that 50% of women got pregnant after receiving in vitro fertilization, or IVF, treatment using a recently frozen embryo. By contrast, women receiving fresh embryos had a 38% pregnancy rate. The review is slated for publication in Fertility and Sterility, the journal of the American Society for Reproductive Medicine.

Data from that and other research are far from conclusive, fertility experts say. But if the evidence holds up in further studies, doctors say that using recently frozen embryos could lead to safer pregnancies and a reduction in complications during delivery. Some clinics and doctors already are gradually making use of

Researchers believe using frozen embryos for IVF, rather than fresh, can help more women get pregnant.

more frozen embryos for patients. Tarek El-Toukhy, a reproductive medicine specialist at Guy's and St Thomas' Hospital in London, which has one of the city's largest fertility units, says the clinic used recently frozen embryos in about 40% of its IVF procedures last year, up from about 25% in 2005. "Freezing will be part of the future of IVF," says Dr. El-Toukhy, who has published findings in this area. "You're making the treatment safer and less hazardous to the mother and perhaps less hazardous to the baby, too," he says.

Whether a fresh or frozen embryo is used is only one factor that affects the success of the complicated assisted fertility process. The chances of getting pregnant through IVF can vary sharply depending on a woman's age and health and factors that include the skill and experience of the clinician and lab staff and the techniques employed at each step of the process.

Researchers are working on other strategies to improve IVF. For instance, Dr. El-Toukhy's team published Monday in Reproductive Biomedicine Online a review of several studies involving a total of 901 women that showed a simple procedure involving scratching the inner

Please turn to page D4

By Elizabeth Bernstein

Jennifer Bristol recently lost one of her oldest friends—thanks to a Facebook fight about pit bulls.

The trouble started when she posted a newspaper article asserting that pit bulls were the most dangerous type of dog in New York City last year. "Please share thoughts... 833 incidents with pitties," wrote Ms. Bristol, a 40-year-old publicist and animal-welfare advocate in Manhattan.

Her friends, many of whom also work in the animal-welfare world, quickly weighed in. One noted that "pit bull" isn't a single official breed; another said "irresponsible ownership" is often involved when dogs turn violent. Black Labs may actually bite more, someone else offered.

Then a childhood pal of Ms. Bristol piped up with this: "Take it from an ER doctor... In 15

Online Browsing Lowers Self-Control and Is Linked To Higher Debt, Weight

years of doing this I have yet to see a golden retriever bite that had to go to the operating room or killed its target."

That unleashed a torrent. One person demanded to see the doctor's "scientific research." Another accused him of not bothering to confirm whether his patients were actually bitten by pit bulls. Someone else suggested he should "venture out of the ER" to see what was really going on.

"It was ridiculous," says Ms. Bristol, who stayed out of the fight. Her old buddy, the ER doctor, unfriended her the next morning. That

was eight months ago. She hasn't heard from him since.

Why are we so nasty to each other online? Whether on Facebook, Twitter, message boards or websites, we say things to each other that we would never say face to face. Shouldn't we know better by now?

Anonymity is a powerful force. Hiding behind a fake screen name makes us feel invincible, as well as invisible. Never mind that, on many websites, we're not as anonymous as we think—and we're not anonymous at all on Facebook. Even when we reveal our real identities, we still misbehave.

According to soon-to-be-published research from professors at Columbia University and the University of Pittsburgh, browsing Facebook lowers our self control. The effect is most pronounced with people whose Facebook networks

Please turn to page D4

Questioning the Superpowers of Omega-3 in Diets

By Melinda Beck

Name the affliction—heart disease, Alzheimer's, arthritis, depression, asthma—and omega-3 fatty acids can help prevent it.

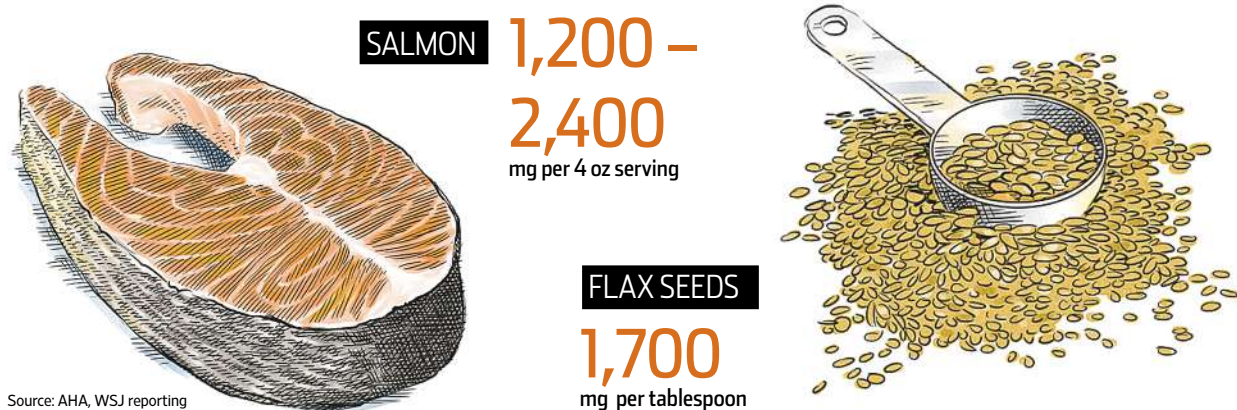
Or not. That is the confusion being stirred up by new research on omega-3s, fats found in cold-water fish and plant oils that have intrigued nutrition scientists ever since the 1970s discovery that Greenland Eskimos rarely die from heart disease, despite a diet of fatty fish.

Some 21% of U.S. adults report using omega-3 fish-oil supplements, according to the Council for Responsible Nutrition, an industry trade group, making it the most popular supplement after multivitamins and vitamin D.

But last month, the Journal of the American Medical Association published a meta-analysis of 20 clinical trials involving nearly 70,000 people that found that omega-3 fatty acids didn't prevent heart attacks, strokes or deaths from heart disease. Other recent studies in the New England Journal of Medicine and the Archives of Internal Medicine found that omega-3 supplements didn't prevent heart problems in people with Type 2

How Much Omega-3 Do You Need?

The American Heart Association recommends that adults eat at least two servings of fatty fish (such as salmon, mackerel, herring, sardines, tuna and shrimp) per week, which is about one gram of omega-3s per day. Other sources include certain nuts, plant oils and leafy green vegetables. A sampling of foods, with their amounts of omega-3, below and on D4:



diabetes or a history of heart disease. Experts say such studies should be viewed with caution—just like studies with positive findings.

Critics noted that the JAMA study combined clinical trials that used different doses and sources of omega-3s. Many of the subjects were also on heart medication, which may have blunted the impact. Plus, diet studies are also notoriously imprecise. "It's

impossible for five researchers to control the diet of almost 70,000 patients over several years," says Duffy MacKay, the CRN's vice president for scientific and regulatory affairs.

What's more, the JAMA authors imposed an unusually strict standard for statistical significance. Using the typical standard, the analysis would have concluded that omega-3 supplements are associated with a 9% re-

duction in cardiac deaths. "My colleagues are writing letters to the editor about this," said University of Pennsylvania nutritionist Penny Kris-Etherton, a spokeswoman for the American Heart Association. She says, for now, the association will continue recommending that everyone eat omega-3 rich fish at least twice a week; people with heart disease or high triglycerides could also consider

taking fish-oil supplements under a doctor's care. The American Psychiatric Association and the World Health Organization have similar advice.

Omega-3 fatty acids are essential for building cell membranes and maintaining the connections between brain cells. They also may reduce inflammation, increasingly recognized as a cause of chronic diseases.

Humans can't produce omega-3 fatty acids, so we must get them from outside sources. The two most important kinds—EPA and DHA—are primarily found in fish such as salmon, sardines, tuna and herring; a third kind, ALA, is found in walnuts, flaxseed, soybean oil and some green vegetables, including Brussels sprouts, spinach and kale.

The typical American diet is far higher in omega-6 fatty acids, which come from corn and safflower oil and are plentiful in processed foods and corned beef and poultry. Some experts believe that reducing the ratio of omega 6s to 3s is even more important than increasing omega-3s, but the evidence is mixed.

Blood tests (typically \$100 to \$200) can measure the amount of omega-3s in red blood cells or plasma and a growing number of doctors are ordering them. No official deficiency

Please turn to page D4