

Health

DEAR PHARMACIST

Suzy Cohen

Vitamins needed to boost mood

What makes one person depressed and another happy? Certain conditions are commonly associated with depression such as hypothyroidism, Crohn's disease or colitis, migraines, diabetes, chronic infections and cancer. Lifestyle factors such as drinking alcohol and smoking are correlated, and the biggest secret of all is drug mugging.

In my book, "Drug Muggers," I describe how drugs can mug you of vital nutrients you need to produce "happy" brain chemicals termed neurotransmitters.

There are three primary neurotransmitters in your brain: serotonin, noradrenaline and dopamine. These three neurotransmitters are made in the body every second, and they depend on adequate levels of B vitamins, which you can get from eating right and keeping your gut healthy.

Thiamine or B1: The journal *Neurology* showed that a thiamine deficiency contributes to a decrease in serotonin, which can lead to depression, anxiety and weight gain. Drug muggers include antivirals, oral contraceptives and hormone replacement, raw oysters, antacids and antibiotics.

Niacin or B3: Tryptophan is metabolized in your brain into 5-HTP (5-Hydroxytryptophan) and goes on to form serotonin and dopamine. You need niacin for this biochemical reaction to occur. Acid blockers, antacids, cholestyramine and loop diuretics are drug muggers.

Pantothenic acid or B5: This B vitamin makes for healthy adrenal glands. It's often low in people with hypoglycemia. Blood sugar abnormalities cause mood swings. You need this B vitamin to make noradrenaline, as well as your memory molecule, acetylcholine. Deficiencies in vitamin B5 are tied to decreased alertness, fatigue, memory problems and depression. Acid blockers, cholestyramine and antibiotics are drug muggers.

Pyridoxine or B6: Pyridoxine is found primarily in beans, legumes, meat, eggs, fish and bread, but you can't eat enough to make adequate levels of serotonin and dopamine. By improving the production and function of serotonin and dopamine, you can reduce the severity of certain types of seizures and Parkinson's disease. Drug muggers are corticosteroids, oral contraceptives (estrogens), loop diuretics and antibiotics.

Folate or B9: This is folate, not folic acid, by the way. Up to 70 percent of depressed people have an MTHFR polymorphism, or what we call a genetic SNP. This situation compromises your body's ability to turn folate from your foods into L-methylfolate, which you need to make neurotransmitters.

Drug muggers include metformin, fluoxetine, warfarin, oral contraceptives and high doses of niacin.

This is not intended to treat, cure or diagnose your condition. Go to [SuzyCohen.com](#).

WELLNESS Q&A

Drs. Oz and Roizen

Munchies are all in your head

Q: Now that marijuana is legal in some states, can we have a frank discussion about what causes the munchies? — Timothy L., Nederland, Colo.

A: Nederland, eh? You're up even higher than Boulder ... but back to the point: Why the munchies? The answer is pretty simple: Marijuana messes with your brain, specifically your hypothalamus.

Receptors in the hypothalamus are part of the endocannabinoid system, which helps regulate hunger, along with pain sensitivity, emotions and memory. Research shows that your brain naturally produces cannabinoids (cannabis is the genus of marijuana) that fit into those receptors. But when THC — tetrahydrocannabinol, the active ingredient in marijuana — drops in, it's thought that those receptors get tetrahydroed big time. One theory is that the THC may then stimulate the release of ghrelin, the "I'm hungry" hormone. Munchies follow quickly. It's also thought that marijuana's THC fits into the brain's olfactory (smell) receptors and heightens your sense of smell and taste, making you crave food.

Whatever the cause of marijuana munchies, when it comes to recreational pot smoking, there's no free lunch. Besides impairing your coordination, memory and thinking skills, and making you vulnerable to bronchitis and addiction or dependence, marijuana also triggers bad nutritional choices and makes it difficult to control your hunger.

If you've been prescribed marijuana for medical purposes — to stimulate appetite, control pain or help manage the side effects of some treatment — that's one thing. But if that's not your situation, and you're one of the 74 percent of Americans who are overweight or obese, Mary Jane is not your friend.

Q: I'm scheduled for a breast needle biopsy, and I'm worried that if they find cancer that the biopsy could spread the cancer.



Can that happen? — Loretta K., Oakland, Calif.

A: Experts from the Mayo Clinic and the National Cancer Institute all have stated that for most cancers, there isn't any evidence that needle biopsies spread cancerous cells. If there is any concern about cancer spreading, steps are taken to make very sure it doesn't happen. For example, if a doctor suspects testicular cancer, there's no biopsy done; the testicle is removed. Or if doctors determine that tissue needs to be removed from more than one location, different surgical tools are used for each area.

When it comes to needle breast biopsies, Loretta, there have been hundreds of thousands of cases like yours, and there's virtually no evidence of cancer spreading due to a breast biopsy of cancerous tissue (in medicine, you can never say never).

This is a non-surgical biopsy. A small needle is used to withdraw cells from a breast lump. If the lump is a cyst (fluid-filled sac), removal of the fluid will cause the cyst to collapse. If the lump is solid, cells can be smeared onto slides for examination in the laboratory. What your doctors will get from a biopsy is incredibly valuable knowledge about your condition. Hopefully, you'll get the "all clear," but if you do have breast cancer, that biopsy will lead to a specific diagnosis (and maybe receptor and gene typing), which will in turn lead to the most effective treatment.

Mehmet Oz, M.D. is host of "The Dr. Oz Show," and Mike Roizen, M.D. is chief wellness officer and chair of Wellness Institute at Cleveland Clinic. Email your questions to Dr. Oz and Dr. Roizen at youdocsdaily@sharecare.com.

COLE

Continued from **Page 1**

Monday screening of "Afraid of the Dark" with Brewer, are "very happy" with the film.

Just 3 when her father died, Timolin Cole says he was the definition of an international pop star, greeted by crowds abroad that would rival the Beatles', but shown the back door of hotels in the United States.

"He was so loved, not only as an artist, but as a human being. His humility and his good will really resonated," she says. "And

all the while, he's struggling to do this in a country that was so politically and racially divisive."

"Afraid of the Dark" takes its title from a quote Maria Cole attributed to her husband after the demise of his NBC variety show, a remarkable and controversial achievement for a black man when it debuted in 1956. "The Nat King Cole Show" was pulled by Cole after a year of being ignored by national advertisers.

"Madison Avenue is afraid of the dark," Cole said at the time.

It was after moving into Los Angeles' all-white

Hancock Park neighborhood that he found the N-word on his lawn.

"Instead of dealing with it by getting armed guards, he went out and attended [civic association] meetings," Brewer says with a laugh. "He told them that he was concerned about undesirables in the neighborhood, too. And if he saw any, he would be the first one to jump on them. He would confront them in that way, in a humble way. When they burned 'n----r' on his grass, he had it replaced and he carried on."

It was his even-tempered response to such shocking acts that frustrated friends,

Brewer says.

"Harry Belafonte said Nat was his best friend. There's not a day that goes by that he doesn't think of Nat. Yet he was very cross with him," Brewer says. "I said, 'Why?' and he said, 'He never marched with me.' But Nat did his thing in his own way."

Brewer managed rock acts such as David Bowie, Alvin Lee and Yes before starting a career in music documentaries, including films on Kurt Cobain, Michael Hutchence and Jimi Hendrix.

It took three years for Brewer to make "Afraid of the Dark," from the mo-

ment he was approached by the Cole estate to its 2014 premiere on the BBC. Brewer says it was Maria Cole who allowed him access to her collection of private papers, telegrams and other material held at the Schomburg Center for Research in Black Culture in New York.

Maria Cole, who died in a nursing home in Boca Raton in 2012 at age 89, is a regal figure in the film. She describes her husband's almost effortless talent as "absolute genius."

On April 25 at Seminole Casino Coconut Creek, Timolin and Casey Cole will host their fourth annu-

al "Generations" concert to benefit Nat King Cole Generation Hope (visit NatKingColeGenHope.org for more information).

The Palm Beach International Film Festival will screen "Afraid of the Dark" 7 p.m. Monday at Muvico Parisian 20 at CityPlace, 545 Hibiscus St., in West Palm Beach, and 6:30 p.m. Thursday at Cobb Downtown at the Gardens, 11701 Lake Victoria Gardens Ave., in Palm Beach Gardens. Tickets cost \$10.75, \$7.75 for seniors and children. Call 561-362-0003 or go to PBIFilmFest.org.

ADVERTORIAL



ROBOTIC SURGERY FOR COLON CANCER DAVID MARON, MD – CLEVELAND CLINIC FLORIDA COLORECTAL SURGEON

Colon cancer is the third most common cancer diagnosed in the United States. Patients diagnosed with colon cancer now have a number of minimally invasive surgical options available to them, which help in minimizing pain after surgery and shortening recovery time. Robotic surgery allows the surgeon to work through small incisions with great dexterity, especially in narrow areas inside the human body. The surgeon controls the movement of the robotic arms and is in complete control of the procedure. In addition, the robot uses a three dimensional camera, giving the surgeon better visualization and allowing him or her to be more precise.

Q: Who is a candidate for robotic colorectal surgery?

A: Robotic colorectal surgery can be used in the treatment of patients with cancers of the colon or rectum, as well as diverticulitis and rectal prolapse.

Q: What are the benefits of robotic colorectal surgery?

A: Robotic surgery provides an alternative minimally invasive approach to the treatment of colon cancer, and allows for a smaller incision which leads to a smaller scar and a shorter recovery period.

Q: What sets Cleveland Clinic Florida apart from other hospitals offering robotic surgery?

A: Cleveland Clinic Florida offers a multidisciplinary approach to medicine, where physicians work collaboratively. There are always open lines of communication between the expert specialists required to treat patients, especially in cases dealing with colorectal cancer. At Cleveland Clinic Florida, patients receive individualized treatment plans. The patient experience and providing quality care are always at the center of our focus.



For a consultation call 800-639-DOCTOR, or visit clevelandclinicflorida.org for more information.

World class neurology and cancer care in South Florida.

Our new center offers leading expertise and the most advanced treatments.

Same-day appointments
1.855.622.1255
clevelandclinicflorida.org/NICI



Every life deserves world class care.