

PodMed Podcast: Week of Dec 30, 2013

This week's topics include nuts in pregnancy, meniscal tears, testing for BRCA mutations, and dangers of supplements to your liver.

Program notes:

0:50 Nut consumption in pregnancy

1:50 Two studies showing that when mothers ate nuts allergies were reduced

2:20 BRCA testing

3:20 Women at risk only

4:20 Risk reduction surgery

5:00 Knee arthroscopy

6:00 Sham operation versus partial meniscus removal

7:00 Convinced that interventions aren't helpful?

8:00 Advance to osteoarthritis

8:13 Supplements and liver injury

9:13 Was uncommon but now 20-30%

10:32 End