



Wyderski Health  
*Our why is you*

# OUR WHY IS YOU!

NEWS FOR YOU FROM WYDERSKI HEALTH



## MEET JILL BARNETT: YOUR NEW MEDICAL ASSISTANT AT WYDERSKI HEALTH

Hello Wyderski Health Community,

I'm Jill Barnett, and I'm thrilled to have joined the Wyderski Health family as your new Medical Assistant starting early March 2024. With nearly 30 years of experience in healthcare—from Internal Medicine and Podiatry to years at a birthing center and as a phlebotomist—I've had the privilege of working in a variety of settings that have enriched my skills and fueled my passion for patient care.

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## Ask Dr. Wy...

### Richard Wyderski, MD, FACP

[www.wyderskihealth.com](http://www.wyderskihealth.com)

*Dr. Wy, why shouldn't I take berberine every day? It seems like it cures everything!*

Berberine is a plant substance that occurs naturally in goldenseal, goldthread, and barberry, among other plants, and is sold as a supplement to treat high cholesterol, blood sugar and blood pressure. Wouldn't it be great to take one thing to control all three that you can get without a prescription? You bet it would!

The problem is that it hasn't been scientifically evaluated to prove it works. A 2021 review article described 16 trials in the medical literature of varying quality. Most found that people who took berberine had a lower cholesterol compared to those taking a placebo. The studies were of short duration, and none proved whether berberine could prevent strokes and heart attacks.



That's what we're really trying to do rather than just make the numbers look good. That type of proof would take years studying thousands of people. My hope is that a pharmaceutical company will fund a high-quality trial to find out. That's what Merck did with lovastatin that's found naturally in red yeast rice, and it became a blockbuster.

The other problem with berberine is that there are no quality control standards in the US for supplements. That said, this article written by a registered dietitian for Sports Illustrated discusses different berberine products that she considers high quality: <https://www.si.com/showcase/nutrition/best-berberine-supplement>

Should you try it? The usual dose is 500 mg two or three times daily, but in my opinion it's not yet ready for prime time. Once the science is done, let's hope it turns out to be one of the best medications ever!

**Have a question for Dr. Wy that you'd like him to answer?**

*Please submit to [info@wyderskihealth.com](mailto:info@wyderskihealth.com).*

## I Am Curious About Cannabis Edibles—What Should I Know?

### What Are Edible Cannabis Products?

Cannabis is another name for marijuana. Edible cannabis (edibles) is any form of cannabis or its components—like THC (tetrahydrocannabinol) and CBD (cannabidiol)—that is ingested. This includes capsules, gummies, candies, baked goods, beverages, and more.

### Are Cannabis Edibles Safe?

Many people use cannabis edibles with few or no negative health consequences. But harmful side effects such as confusion, falls, dizziness and imbalance, nausea and vomiting, impaired driving, addiction, and accidental exposure in children are possible. The strength and composition of edible cannabis products varies, and their effects can be unpredictable. The US Food and Drug Administration does not currently regulate the safety and quality of cannabis. Some states require testing to ensure accurate labeling of cannabis edibles sold at licensed dispensaries, but others do not. While some believe that edible cannabis is relatively safe in older persons, this assumption is based on very limited research. There are many examples of drugs once thought to be safe in older persons that were later discovered to pose considerable risk. Thus, older adults should use caution if they plan to use edible cannabis.

### Are There Advantages of Using Edible Forms of Cannabis?

Many edibles come in discrete servings sizes (like a gummy) that make exact labeling of THC and CBD content easier. This allows consumers to more reliably “dose” cannabis for conditions like chronic pain. It also makes it easier to “start low and go slow” (for example, eat a fraction of a gummy and increase the amount slowly) to reduce the risk of side effects. Edibles spare the lungs from injury associated with smoking and vaping. Certain side effects like unrelenting nausea and vomiting are less common with edibles than with smoking cannabis.

### Are There Risks of Using Edible Forms of Cannabis?

Edibles take time to start working (up to 2 hours to take effect and peak around 4 hours). The effects can last up to 24 hours. This delayed action makes it easy to take too many doses. Someone may take extra cannabis edibles because they do not notice any immediate effect. The added effects of multiple edibles may lead to substantial impairment and distress lasting for hours. Edible use is associated with increased risk of sudden psychiatric symptoms like delusions or paranoia leading to emergency department visits.

Children are at risk of edible use because edibles often look like regular food or candy. Accidental ingestion by children is a medical emergency. Older adults also experience unique risks with edible

**Cannabis edibles** are ingestible forms of cannabis, also called marijuana, or its components THC (tetrahydrocannabinol) and CBD (cannabidiol). Edibles can be in many forms, including capsules, gummies, candies, baked goods, and beverages.



#### Things to consider before trying cannabis edibles

##### ✓ Be aware of possible harmful effects

Cannabis use may cause confusion, falls, dizziness, imbalance, nausea, vomiting, impaired driving, and addiction. Older adults should use special caution due to other age-related conditions and risk factors.

##### ✓ Start at a low dose

Take no more than 1-2 mg of THC per day. The amount of THC and other components can typically be found on the packaging.

##### ✓ Go slow

If you adjust your cannabis dose, do it slowly and with small changes. Do not take too much too quickly. You might not feel the effects of edibles right away.

##### ✓ Be safe

Avoid using cannabis with alcohol and sedating medications, avoid driving and situations with risk of falls after cannabis use, and store cannabis in a locked area away from children.



Talk to your doctor about the potential risks and benefits of cannabis based on your individual health and purpose for using cannabis.

cannabis use. These include stronger effects from cannabis due to age-related changes in metabolism (older adults are most likely to have cannabis-related emergency department visits); potentially dangerous interactions with prescription medications such as sleeping pills, blood thinners, anti-anxiety medications, and pain killers; and problems with thinking and judgement, especially in older adults who have cognitive impairment or dementia.

### What Should I Know Before Trying Cannabis Edibles?

Talk to your doctor about the risks and benefits of cannabis that are specific to your individual health and about other more proven treatments for your symptoms. For edible use, start at a low dose and go slow. Do not take too much too quickly. You might not feel the effects of edibles right away. Be sure to understand and abide by state laws governing cannabis use.

#### FOR MORE INFORMATION

Canadian Centre on Substance Use and Addiction  
<https://www.ccsa.ca/guide-cannabis-older-adults>

DISA

<https://disa.com/marijuana-legality-by-state>

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A little bit about me: I was born and raised in West Virginia and have cherished the journey that life has taken me on. My husband served in the Air Force, and we spent nearly a decade in North Carolina, where we raised our two sons. We're now proud grandparents to a beautiful granddaughter. After my husband accepted a position with Piper Aircraft, we made the move to Florida, which we adore for its sunshine and vibrant community.

Joining Wyderski Health felt like stepping into the right place at the perfect time. It's refreshing to be part of a team where compassion, intelligence, and thoughtfulness are not just ideals but practiced every day. Dr. Wyderski and the entire team truly care for their patients and everyone they meet, and I am excited to contribute to such a nurturing and professional environment.

I look forward to getting to know each of you and providing care that not only meets but exceeds your expectations. Thank you for welcoming me into this wonderful community—I am eager to be a part of your health journey!

Warm regards,

Jill Barnett





## June Is **Men's Health Month**

June is Men's Health Month, and at Wyderski Health, we take this opportunity to emphasize the critical role that health management plays in the lives of men. Under the expert care of our board-certified internist and geriatrician, we encourage all men to prioritize their health by scheduling regular check-ups and engaging in preventative care practices.

This month highlights the importance of addressing health challenges that are prevalent among men, such as heart disease, diabetes, and prostate cancer, through early detection and treatment.

Men's Health Month at Wyderski Health is not just about raising awareness; it's about taking actionable steps towards a healthier, longer life with the support of dedicated professionals who understand the unique needs of male patients. Let's use this time to focus on comprehensive health strategies that support not only physical well-being but also mental health, ensuring that every aspect of health is nurtured.

# Take Note!

*We are excited to share that we will be taking **a well-deserved break** to celebrate some special family birthdays and to rejuvenate.*

**From June 23, Dr. Wyderski and Karen will be on a family cruise, returning to the office on July 1 at 9 AM.** During this time, we will be fully unplugged and will not be available to respond to web messages, calls, texts, emails, or diagnostic results.

Dr. Hal Brown will provide coverage starting 4 PM on Friday, June 21, until our return. Jill will be available in the office Monday through Friday to handle communications and coordinate with Dr. Brown as needed.

To ensure continuity of care, please submit any routine medication refill requests by June 19, so we can process them before our departure. Dr. Brown will be available to address any acute medical issues and prescriptions during our absence.

We appreciate your understanding and cooperation and look forward to returning refreshed and ready to continue providing excellent care.



**Also, our offices will be closed on July 4th in observance of Independence Day!**