

Lighter Side of Medicine

HUMOR

BAD EATING HABITS

Complaining to her consultant about her daughter's strange eating habits, a woman said that the daughter lies in bed all day and eats yeast and car wax. What will happen to her?

The consultant said, "She will rise and shine."

COSMETIC SURGERY

A sign on a cosmetic surgery clinics says:

"If life gives you lemons, a simple operation can give you melons."

HEALTHY LIVING TIPS

Does an apple a day keep the doctor away?

Only if you aim it well enough.

WHAT'S THE BEST TYPE OF DOCTOR?

"The best doctor in the world is the veterinarian. He can't ask his patients what is the matter – he's got to just know."

– Will Rogers

WHAT A SPECTACLE

Q: Did you hear about the optometrist that fell into his lens grinding machine?

A: He made a spectacle of himself.

FUNNY ONE LINERS

Artery: The study of fine paintings

Bacteria: Back door to cafeteria

Barium: What doctors do when patients die

Cat scan: Searching for kitty

Cauterize: Made eye contact with her

Coma: A punctuation mark

D&C: Where Washington is

Enema: Not a friend

ER: The things on your head that you hear with

Fester: Quicker than someone else

Genes: Blue denim slacks

GI Series: World Series of military baseball

Hemorrhoid: A male from outer space

Impotent: Distinguished, well-known

Medical Staff: A doctor's cane

Morbid: A higher offer than I bid

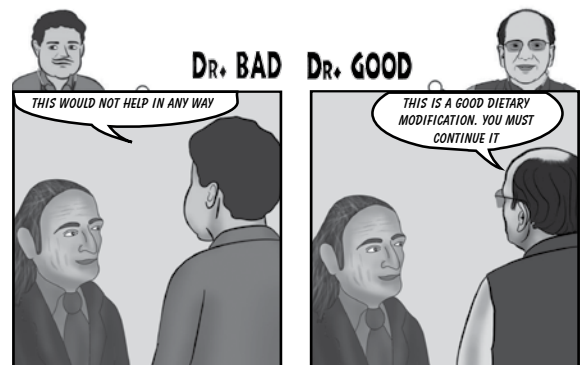
Nitrates: Cheaper than day rates

BUT WHERE WERE YOU YESTERDAY?

John would always get up late in the morning and was always late for work. His boss was annoyed and threatened to fire him if he didn't do something about it. John went to his doctor who gave him a pill and told him to take it before he went to bed. John slept well and beat the alarm in the morning. He had breakfast and drove to work. He went to his boss' cabin and told him that the pill actually worked. The boss said, "That's fine, but where were you yesterday?"

Dr. Good and Dr. Bad

SITUATION: A 52-year-old, type 2 diabetic male was suggested to eat a starch-restricted, fiber-rich functional bread, with an increased β -glucan/starch ratio.



LESSON: It has been reported that a starch-restricted, fiber-rich functional bread, with an increased β -glucan/starch ratio helps in ameliorating long-term metabolic control. Thus, it could be regarded as a beneficial dietary treatment for T2DM.

Nutrients. 2017;9(3):297.