

# Obituaries



## Allen Dale Brown

On the evening of November 24, 2021, Allen Dale Brown, of Sandy Lake, Jonesville, Louisiana, peacefully passed surrounded by family.

Mr. Brown is survived by his sisters, Annie

Mae Jones, Audie Merlene Neal, Darlene Brown Watson, and Ricki Wayne Ford; his children, Mark Roberts, Sonya Boyd, April Gann, and Heather Rabalais; his grandchildren, Mark Allen Roberts, Brooklynn Van Alstine, Justin Boyd,

Cami Sine, Brianna Boyd, Shelby Martin, Joseph Barber, Jerica Barber, Jessica Rabalais and Gracie Melton; and by his great-grandchildren, Elaina Van Alstine, Jaiden Van Alstine, Onya Sine, Tesla Sine, James Martin and Joseph Barber, Jr.



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### MONUMENTS



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## Moments in time

THE HISTORY CHANNEL

\* On Dec. 11, 1872, already appearing as a well-known figure of the Wild West in popular dime novels, Buffalo Bill Cody makes his first stage appearance in a Chicago-based production of "The Scouts of the Prairie."

\* On Dec. 12, 1901, Italian physicist and radio pioneer Guglielmo Marconi succeeds in sending the first radio transmission across the Atlantic Ocean, disproving detractors who said the curvature of the earth would limit transmission to 200 miles or less.

\* On Dec. 6, 1917, a devastating blast occurs when the Mont Blanc, a French munitions ship, explodes after colliding with another vessel in Halifax harbor in Nova Scotia. The Mont Blanc was packed with 2,300 tons of picric acid, 200 tons of TNT and 35 tons of high-octane gasoline.

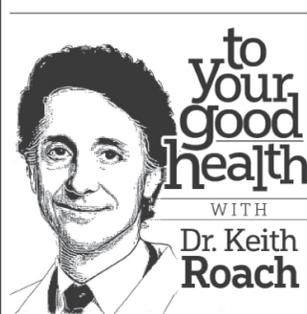
\* On Dec. 7, 1941, a swarm of 360 Japanese warplanes descends on the U.S. naval base at Pearl Harbor in Hawaii in a ferocious early morning assault. The surprise attack devastated the U.S. Pacific fleet and drew the United States into World War II.

\* On Dec. 9, 1950, Harry Gold, who confessed to serving as a courier of top-secret information on the atomic bomb, is sentenced to 30 years in prison. Gold implicated his brother-in-law and sister, Julius and Ethel Rosenberg, who were later executed for espionage.

\* On Dec. 10, 1967, soul legend Otis Redding dies in a plane crash in Wisconsin. "(Sittin' on) The Dock of the Bay" would be released in its "unfinished" form several weeks later. The whistled verse was a placeholder for additional lyrics that Redding had yet to write.

\* On Dec. 8, 1982, "Sophie's Choice," starring Meryl Streep as a Holocaust survivor, opens in theaters. The "choice" refers to a terrible decision Streep's character is forced to make about which of her two children will live or die while in a concentration camp.

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## The Problem With Playing Pharmacist

DEAR DR. ROACH: My wife has been diagnosed with atrial fibrillation. Doctors tried an electrical cardioversion, but it came back after a few days. She is taking metoprolol and Eliquis. We have read about the supplements red clover, turmeric, omega-3 and hawthorn. Should she discontinue the pharmaceuticals and take supplements instead? -- J.C.

ANSWER: Please don't do that, and let me explain why. Atrial fibrillation is an abnormal heart rhythm. The goal of treating it is first to relieve symptoms, such as fast heart rate and dizziness, and second, to reduce the risk of stroke. Blood clots can form inside the heart when the atria are fibrillating (a chaotic, non-coordinated muscle movement). Those clots can break off and go into the blood vessels of the brain, causing cell death and loss of function in that part of the brain. That's a stroke. Your wife is taking metoprolol to slow the heart rate. Atrial fibrillation causes the ventricles to go too fast, causing a sensation of fast heart rate and palpitations. Metoprolol, a beta blocker, protects the heart from damage from a too-fast heart rate, in addition to relieving symptoms. Apixaban (Eliquis) is a powerful anticoagulant, reducing the risk of clot formation.

Red clover is usually used in herbal medicine for its estrogen-like activities. Unfortunately, estrogens INCREASE clot risk, so this herbal medicine absolutely should not be used by someone at risk for clots. Sweet clover hay is the source of warfarin (Coumadin), another often-used anticoagulant in people with atrial fibrillation: This may be the source of confusion. However, warfarin needs to be dosed precisely, with frequent blood-level checks.

Turmeric is an antioxidant that does have some mild anticoagulant properties. However, it is not remotely powerful enough to do the job of protecting your wife adequately from stroke.

Omega-3 fish oils were once thought to reduce risk of atrial fibrillation; unfortunately, a 2013 study showed no benefit.

Hawthorn has two potential benefits: To a slight extent, it acts as a beta blocker (like metoprolol) as well as an anticoagulant. However, no trials have proven its effectiveness. It may interfere with both her medications. The metoprolol and Eliquis have much more safety data.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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