

## Rob Rath

I am last of the solo family physicians helping my patients fight the 'Rona(Covid)

Since most of us will be 72 this year (looking at you young man Joseph Costello) and a medicolegal disclaimer not establishing a doctor patient relationship with what follows (looking at attorneys Bev Orth and Doug Burum)

Average life expectancy men in America 73 number one cause of death heart disease

Average life expectancy of women in America 79 number one cause of death heart disease and near 79 stroke

So how to diagnose before disaster? CT coronary calcium scoring test with no ore radiation exposure than a mammogram one step beyond a venous CT coronary angiogram [Coronary Artery Calcium \(CAC\) Test](#)

Dementia Linked a study showing therapeutic levels of vitamin D3 dramatically decrease dementia [Brain vitamin D forms, cognitive decline, and neuropathology in community-dwelling older adults](#)

From a 50 year perspective our experience at Mudd was indelible and in many ways potentially scarring. But I personally would do it all again in a second for the best education on the planet with incredible faculty and classmates.

May be lost to antiquity but remember(don't know if they still do this) but the most difficult college course in 1971 was not at MIT, Cal Tech, Stanford or Harvard. It was Gerald VanHecke's Physical Chemistry. A challenging engaging introduction to the best of science-thanks.

Stay well stay safe. Contact me anytime with questions/talk/reminisce.

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