

DECEMBER 6, 2004 www.time.com AOL Keyword: TIME

THE YEAR IN MEDICINE

TIME

THE STEALTH KILLER

America's **HIGH BLOOD PRESSURE** crisis is spinning out of control. Learn about it, treat it—and maybe save your life



University of Chicago found that ginseng, which is widely used to boost energy, can sometimes do more harm than good. In 20 volunteers, taking the herb disrupted the effects of the clot-busting drug warfarin, prescribed for millions of heart-attack patients. Because warfarin's dosage must be precise—too little can lead to clotting and

any improvement in insulin sensitivity, cholesterol level, blood pressure or other risk factors for heart disease.

LOW CARB

The low-carb potato has arrived. Developed by a Dutch seed company, the smooth yellow tuber has 30% fewer carbohydrates and 25% fewer calories than the

THE YEAR IN MEDICINE FROM

A T O Z

From teen suicides to flu-shot shortages to the Vioxx recall, **2004** proved to be a very busy year