

Focus on Health

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Gynecologic Endocrinology

New Type II Diabetes Levels

A study by the National Heart Lung and Blood Institute in Washington, D.C. was halted early because of results which are described as confusing and disturbing. For years the medical profession has promoted aggressive management of blood sugar in Type II diabetes with target levels of A1C hemoglobin of between 4.4 and 6. This study, called ACCORD, done on Type II diabetics, showed that less rigorous levels were much safer. A separate study in the *New England Journal of Medicine* showed Hgb A1C levels of between 6.4 and 7.9 were associated with 20% lower death rate.

Testosterone Replacement

In an article from the January 29, 2008 *Internal Medicine Alert* is an article that points out that absent or low testosterone levels in men appear to have a pathogenic role in the development of cardiovascular disease resulting in increased mortality and are not simply "markers" for illness or wellness. There is a growing belief among many physicians and patients that testosterone replacement has benefits for health and well-being whether or not low testosterone levels are present (as is stated in the article).

Bioidentical Hormones

Pharmacy-made bioidentical hormones should continue to be available, but, as an article in the *Journal of the American Medical Association* (February 2008) states, should be regulated as are any other medications. Unfortunately, in my opinion, the FDA is mishandling this regulation by caving in to big business (Wyeth-Ayerst Pharmaceutical), makers of Premarin

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Vitamin B12-folate

The bacterium *Helicobacter pylori* may be involved in cognitive impairment and dementia (early Alzheimer's Disease) through the induction of sequential atrophic gastritis, vitamin B12-folate deficiency, and elevated homocysteine blood levels. This was pointed out in an article in the *American Journal of Clinical Neurology* in 2007. Vitamin B12-folate supplementation is therefore a reasonable suggestion, in my opinion, for people over age 50. *Helicobacter* treatment and prevention would also seem to be a good idea, especially in those who seem to be losing mental acuity.

Cholesterol

More women can recall what they weighed in high school than know their cholesterol numbers. A total cholesterol level of no more than 150, good (HDL) cholesterol of at least 50, and a bad (LDL) cholesterol no higher than 100 are all good targets to remember.

As part of the professional services I feel should be provided by me to my patients, screening of the voluminous medical literature has become more and more important. The information in this newsletter is derived from periodicals and books which I have read and whose information I have consolidated. Perhaps you have seen an item that I have not included in this list or have not seen myself. If so, feel free to bring it to my attention.

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