

Focus on Health

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Gynecologic Endocrinology

Growth Hormone

Too much growth hormone can cause insulin resistance, resulting in diabetes, and lead to other disorders. Conversely, starvation blocks the effects of growth hormone. This information comes from researchers at the University of Texas Southwestern Medical School here in Dallas. Interfering with the actions of growth hormone has been shown to increase life span. One should be certain that he or she is low on growth hormone before taking it. Testing is done by measuring blood growth hormone release hormone (GHRH) level in a reference lab such as InterScience Institute.

Vitamin D

Vitamin D is poised to become the nutrient of the decade, if recent findings are to be believed. Sunlight was the source of most Vitamin D until the use of sunscreens which block UV light became universal. Now, hypovitaminosis D is epidemic and mostly unsuspected. Low levels increase the risk of many autoimmune diseases including diabetes, multiple sclerosis and lupus, multiple types of cancer, as well as severe joint pain, acne, and psoriasis.

Obesity

A hormone called PGF21 works by preventing growth hormone from activating the genes it normally controls and is being tested in humans for the treatment of obesity.

HTR and Breast Cancer

A meticulously researched article by Dr. Leon Speroff at the University of Oregon summarizes current knowledge concerning hormone replacement therapy and breast cancer. Among other conclusions, several practical points should affect clinical gynecology practices worldwide. Estrogen receptor positive women (a blood test is not currently commercially available) should not be put on continuous progesterone regimes until further research clarifies the risk of doing so. This would include continuous birth control pills, Depo-Provera, and Mirena (progesterone secreting) IUD's. A huge percentage of the world's female population may be involved. A global breast cancer epidemic could be the result of an incorrect strategy.

New Diabetes Test

A new blood test called GlycoMark for both Type I and Type II diabetes is even more effective for evaluating glucose levels than the A1C hemoglobin or glycohemoglobin tests heretofore available. The test measures 1,5-anhydroglucitol in the serum which is very similar in chemical structure to glucose and therefore reflects average post meal glucose levels over a period of 1-2 weeks. This allows one to detect post meal glucose spikes which lead to long term complications and then correct them with Januvia or Byetta.

A New Cure

The term, Endothelial Dysfunction, refers to a situation characterized by a shift of the actions of the inner lining of blood vessels toward reduced vasodilatation, a proinflammatory state, and increased risk of blood clots. It can be prevented or successfully treated by a medication named Metanx which is a combination of Vitamin B6, Folic Acid, and Vitamin B12.

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