
Focus on Health

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John R. Woodward, M.D.
Gynecologic Endocrinology

Sweet Sleep

Failure to get a good night's sleep affects nearly every system of our bodies, including the body's largest organ, the skin. Signs of sleep deprivation are often written all over our faces – from bags under the eyes to wrinkles and lack of skin tone, all of which can contribute to premature skin aging.

This suggests a solution involving the hormone melatonin. Applying compounded melatonin cream directly to the face can solve both the sleep problem and skin appearance at the same time. Ask us for further information. We are all using it with excellent results.

C-PAP Users

For people who use a C-PAP, there is a saline nasal gel that keeps the nasal membranes from drying out. It is an over-the-counter product called Ayr and is available at most pharmacies and grocery stores.

Thyroid Deficiency

Thyroid hormone has a substantial impact on vascular development in the brain. Altered brain vascularization could, therefore, be a contributing factor to the neurological deficits induced by thyroid hormone deficiency. This article is from a study in the *Journal of Cerebral Blood Flow and Metabolism* (October 2009).

New Use For Progesterone

Treatment of traumatic brain-injured patients with the hormone progesterone has proven so beneficial in small studies the National Institutes of Health has financed a larger nationwide study. Every other treatment for brain injury has failed. It might be appropriate to call progesterone the protection hormone. When women with multiple sclerosis become pregnant and their progesterone levels rise, their MS symptoms improve markedly.

Colon Cancer

A novel blood test (CCSA-2) holds promise for detecting colon cancers. There are other noninvasive tests for colorectal cancer, such as fecal occult blood test in stools, but their false positive rate is 90%.

John R. Woodward, M.D.
7777 Forest Lane, Suite A338
Dallas, Texas 75230
(972) 566-7870

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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