
Focus on Health

August 2005

John R. Woodward, M.D.,P.A.
Gynecologic Endocrinology,
Gynecologic Urology

Latest News on Statins

Patients with acute coronary syndromes (heart attacks) in whom low C-Reactive Protein levels (CRP) are achieved after statin (Lipitor, Vytorin, Pravachol, etc.) therapy have a decreased risk of recurrent myocardial infarction (heart muscle death) or of death, regardless of the levels of low-density lipoproteins (LDL) cholesterol attained. The observed benefit was largely attributed to the anti-inflammatory effects of statins. Statins also up-regulate the production of nitric oxide synthase; boosting hepatic nitric oxide production might, in turn, suppress CRP synthesis.

Shrinking Lips

During each decade of life, one's lip line drops one millimeter. By age 70, therefore, the lip line has dropped a total of seven millimeters, markedly affecting a person's smile and making the appearance of lower front teeth more important and noticeable.

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. Please read this now if you have time before I see you, so that we can further discuss whichever topic especially interests you.

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.

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

Safer Contraception

A type of contraceptive device called NuvaRing – may be an answer to many women's prayers. Inserted into the vagina by the woman herself, and replaced every four weeks, it provides contraception, no menstrual periods, no PMS, or painful periods. This route of administration of estrogen and progesterone avoids the first pass liver effect which increases C-Reactive protein in the blood, and prevents the increased risk of cardiovascular disease, thrombophlebitis, gall stones, weight gain, etc., associated with and caused by birth control pills.

Coxsackie Virus

The combination of underweight children and overweight adults in third world countries is strong evidence of the viral origin of true obesity. Coxsackie virus there is just as prevalent as or even more so than in the U.S. because the poor hygiene and public health measures in those poor underdeveloped countries encourages transmission of enteroviruses such as coxsackie found in saliva and feces.

A Mayo Clinic study reports that surgical removal of both ovaries doubles a woman's risk of developing Parkinson's disease.

Visit our website at www.womenandhormones.com