
Focus on Health

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Stay Away From Oral

Non-oral hormone replacement therapy (HRT) is crucial as the route of administration. Hormones taken by mouth increase triglyceride levels, c-reactive protein and prohypertensive and pro-thrombotic factors that are the burdens of portal absorption and first-pass liver impact. Trans-dermal and intravaginal administration are preferable, or intra-uterine (Mirena IUD) for progesterone. Premarin and especially Provera are no longer acceptable and Provera may prove to be a carcinogen.

A recent study shows that low fat diets do not affect positively the risk of the common and deadly killers: breast cancer, colon cancer and Cardiovascular disease.

Cell Phones

The psychological factors linked to headaches are notable by the high rate of placebo effects from multiple types of interventions. This study debunks therefore the notion that the use of mobile phones might trigger headaches due to electromagnetic hyper-sensitivity.

Depression and Estradiol

Fluctuations in estradiol blood levels can be an important destabilizing factor leading to clinical depression. The next step is to document whether hormone replacement therapy corrects the problem, as seems to be the case in a clinical setting.

CPAP

Continuous positive airway pressure is the first line therapy rather than oral appliances for snoring and sleep apnea. CPAP has been shown to decrease cardiovascular morbidity and mortality and to reduce the risk of car crashes. There is no evidence to support the use of surgery in sleep apnea/hypopnea syndrome.

Etiology of Homosexuality

A just released study on male homosexuality points to the powerful effects of conditions in the womb. Having male older brothers increases the chance of homosexuality in later sons, Lesbians tend to have masculinized fingers and other traits caused by higher exposure to fetal testosterone in vitro than straight women.

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.

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