

Focus on Health

August 2007

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Gynecologic Endocrinology

Route of HRT

With bioidentical hormone replacement, the route of administration (non-oral versus oral) is crucial. With synthetic hormones such as birth control pills and the birth control patch, the route of administration does not seem to matter.

Study Confirmed

A study from Harvard confirms the study I did at the Cooper Clinic many years ago showing decreased coronary artery calcification in women who took estrogen as compared to a placebo. The women in this study were ages 50 to 59, and the procedure used was ultra fast computed tomography (a Health View).

Existing Tumors?

Why might HRT increase the risk of ovarian cancer when steroid contraception reduces the risk? The answer may be that hormone therapy may influence existing tumors but does not initiate new cancers. Cancers originate in mutations, a point of origin not known to be influenced by hormones.

It Doesn't Work!

A meta-analysis is a systematic review of studies that measures the quality of each study and combines the findings in an unbiased manner. It is time for clinicians to refuse to give serious consideration to meta-analyses of observational studies. As Dr. Leon Speroff says in a recent article, one large pooled analysis is not bringing together a bunch of apples to make a big apple, but instead is like mixing fruits to make a fruit salad.

Will They Fix It?

In flights of 3 to 9 hours duration, commercial aircraft are pressurized to 7-8,000 feet equivalent. Increasing the pressurization to 6,500 feet equivalent would reduce the occurrence of discomfort among passengers but would also decrease the energy available for other aircraft systems, reduce the lifetime of aluminum airframes, necessitate increased structural weight and result in decreased fuel efficiency. Do you think it will happen? It won't.

TWIST 25

TWIST 25 DHEA Cream is now available without prescription. Ask for it at your local pharmacy or get it from the website www.twist25.com. A recent study from Australia confirms its efficacy in improving female sexual response and feeling of well being. Its mechanism of action is also now clear.

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Prevention

Chemoprophylaxis (prevention) of breast cancer is a promising field. Age and menopausal status are only two of the factors that must be considered. The best choice is frequently but not always tamoxifen.

Quiz

There is a three minute quiz available that differentiates dementia and forgetfulness. Find it at healthyliving@dallasnews.com and take it if you want to know which you have.

Visit our website at www.womenandhormones.com