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# Focus on Health

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John R. Woodward, M.D.  
Gynecologic Endocrinology

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## Walking and Chronic Pain

**A** brief daily walk benefits chronic pain sufferers. As little as 10 minutes per day results in improved (decreased) measures of pain perception. This study from the Cleveland Clinic also showed decrease in depression, improved mood, and less anxiety in these minimal exercises.

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## Vitamin D

Women who are Vitamin D deficient at the time breast cancer is diagnosed are more likely to die from their cancer, according to an article in OB-GYN News. Treatment with Calcitriol (Vitamin D3) is recommended for breast cancer prevention and treatment, as well as for bone health.

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## Berry Juice Benefits

**A**nthocyanins are plant pigments that have an array of health promoting benefits. They are a separate class of flavonoids that cause plant color (red is one of the best) but also are strong anti-inflammatories, improve night vision, diabetic retinopathy, and mesopic contrast sensitivity. Berry juices such as Mona Vie are a wonderful source.

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## Omega 3 Fatty Acids and Pregnancy

**M**aterial intake of Omega 3 Fatty Acids during pregnancy delivers multiple benefits to both baby and mother (reducing birth defects and prematurity and improving cognition and neurologic development in childhood) according to an article in *The Female Patient*.

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## Blood Glucose Control

**O**ral medications for blood glucose control known as DPP-4 blockers (Januvia is currently the best choice) are a new and better approach because they decrease after-meal (post prandial) sugar increase and how long it lasts. This is the major factor associated with long term vascular complications.

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## Damaged Memory and Reasoning Ability

**C**uramin helps the immune system rid the brain of amyloid beta, a protein that may build up and damage memory and reasoning ability according to researchers at U. C. L. A.

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## Cardiovascular Blood Test

**A** simple blood test may be an indicator of cardiovascular death risk. The test measures gamma-glutamyl transferase (GGT), an enzyme produced primarily by the liver, says an Austrian research team. A word of caution: a C-Reactive protein blood test should be obtained simultaneously – it could alter interpretation of the GGT result.

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## Bioidentical Hormone Pellets

**B**ioidentical hormone pellets (subcutaneous) provide physiologic levels of estrogen or testosterone every 3 months. They have been available in my practice for the last 30 years. Appropriate periodic monitoring by blood testing in a reference laboratory is mandatory for ideal results.

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## Dietary Cancer Treatment

**E**xtra Virgin Olive Oil made from Caiazzana olives has a potent anticancer effect due to its content of a compound called pinoresinol.

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

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