
Focus on Health

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Gynecologic Endocrinology

Cardiovascular Disease

Recent articles have increasingly clarified the importance of the Nitric Oxide Pathway in the genesis or protection of cardiovascular disease. Of particular note are the facts that Metabolic Syndrome or Diabetes, both of which have long been known to increase cardiovascular risk (heart attack, stroke, hypertension, arrhythmia, ruptured aneurysm, and blood clots) both impede or block the synthesis and release of Nitric Oxide. Cigarette smoking does the same thing. Adding the two together is a particularly lethal combination in both women and men.

On the other side of the coin, there are two effective agents which protect against cardiovascular problems. These include the PDE5 pathway blockers, Vardenafil, Tadalafil, and Sildenafil (Levitra, Cialis, and Viagra) and the hormone dehydroepiandrosterone – DHEA – (Twist 25 or Sensusivity Cream). Combining these two is a highly effective protective regimen against cardiovascular events. Adding Omega 3 fatty acids (8 grams per day), a potent and safe anticoagulant, makes the best program of all.

References include: Kazuya Ichiki, MD, et al. Long-term Smoking Impairs Platelet-Derived Nitric Oxide Release. *Circulation*. 1996;94;3109-3114 © 1996 American Heart Association, Inc.; Ken Y. Lin, et al. Impaired Nitric Oxide Synthase Pathway in Diabetes Mellitus. *Circulation*. 2002;106;987-992 © 2002 American Heart Association, Inc.; Robert S. Dinsmoor; J. Joseph Prendergast. The Nitric Oxide Pathway. 7 Feb 2006. *EzineArticles.com*. 24 Sep 2008; Pascal Hazel. The Mode of Action of Sildenafil. Chemistry, Imperial College, London; and Fish and Omega-3 Fatty Acids, 2009 American Heart Association

Cancer News

An article in the *British Journal of Cancer* published in June 2009 shows an increased risk of invasive breast cancer associated with meat intake related not only to the dietary iron in meat but also to the way the meat is prepared (for example: processed or not, barbecued or not.)

Another *British Journal of Cancer* article shows a lower incidence of cancer in fish eaters and vegetarians than in meat eaters.

Extracts of tea, especially green tea, in cancer studies done in animals have a beneficial protective effect to the point that they deserve human trials, according to an article in the journal *Cancer*.

No single screening biomarker appears to work better than a Ca-125 for detecting ovarian cancer according to the Prostate, Lung, Colorectal, and Ovarian Cancer Screening Trial. Serial testing should be used as opposed to one number.

Obesity

A study from Spain in the journal *Obesity* describes the effects of long time treatment with CB1 antagonist Rimonabant, also known as Acomplia (not available in the U.S.). This drug is obtainable legally via the Internet and is hugely important for its cardiovascular protective action via the Nitric Oxide Pathway.

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