
Focus on Health

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

December 2004

Female Sexual Disfunction

I now hold a "new method of use" patent for the treatment of female sexual dysfunction or enhancement of female sexuality using the drugs Levitra and Cialis, both currently marketed for the treatment of male sexual dysfunction only. This plan requires normal free estradiol and free testosterone blood levels. Correction of abnormal levels is accomplished with bio-identical non-oral estradiol and or testosterone replacement in cream, gel, patch or pellet form.

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

Estrogen News

Free estradiol levels of between 0.5 and 1.5 picograms/ml are in the normal range, while free testosterone levels between 2.2 and 7.2 picograms/ml are normal. The same thing applies to men, with normal blood levels of estradiol being between 0.2 and 0.5 picograms/ml and normal blood levels of testosterone being between 5 and 20 picograms/ml.

Weights and Measures

Ten minutes of exercise immediately after meals (3 times per day) lowers blood fats by more than 30 minutes of exercise once a day. This regimen must be practiced daily, for the fat clearing effect doesn't last more than 24 hours.

American women average 24 pounds heavier today (164 lbs. vs. 140 lbs) and one inch taller than they did in the 1960's.

Predictions of Heart Attack or Stroke

An ultrasound of the carotid arteries combined with an ankle/brachial index can predict heart attack or stroke but an ultrafast CAT scan does it best. An abnormal ultrafast CAT scan should always result in these two tests as a follow-up.

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.

Goodbye to Oral Estrogen?

The C-reactive protein (CRP) level in blood has again been shown to have an independent predictive value on subsequent events in patients without clinical coronary artery disease. The study's authors conclude that CRP may play a direct role in atherothrombosis. Chronic inflammatory states such as arthritis, periodontal disease, etc. may predispose one to increased cardiovascular events. CRP should now be seen as a "prominent partaker in endothelial dysfunction and atherosclerosis." This should be the final nail in the coffin for oral hormone replacement and birth control pills, both of which can double or even triple CRP levels in the blood. All should be discontinued and taken off the market by the Federal Drug Administration particularly since better non-oral alternatives are currently available.

Visit our website at www.womenandhormones.com