
Focus on Health

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Blood Test Diagnoses Congestive Heart Failure

A blood test to diagnose and follow congestive heart failure has been developed. It is called a BNP test and is available in all commercial labs such as LabCorp. BNP stands for Brain Natriuretic Peptide and is made by heart muscle. It indicates how well the heart is working. When the heart has to work harder over a long period of time, such as in heart failure or hypertension, the heart releases more BNP into the blood. Successful treatment lowers the BNP back to normal levels.

A BNP is used to check out difficulty breathing, swelling of arms or legs, and rule out mild congestive heart failure. A normal BNP less than 100 is 98% accurate in ruling out this diagnosis. A BNP is also helpful in evaluating treatment to determine its efficacy.

Estradiol and Exercise a Dynamic Duo

From "OB-GYN Clinical Alert" of December 2008: Exercise improves cognition in older adults at risk for Alzheimer's Disease. This seems to be true moreso for men than women. One possible reason is that estradiol is neurotropic and men after age 50 have higher levels of estradiol in their cerebrospinal fluid than women. Testosterone may have independent tropic effects as well. Combine these two, and we have an additive effect. Therefore older women should benefit from the combination of estradiol and exercise. This is another argument in favor of long term bioidentical estradiol replacement, as advocated by Suzanne Somers in her recent book, "Breakthrough."

Topical Pain Reliever

Another pain reliever, Soothanol X2, which contains DMSO (otherwise known as dimethyl sulfoxide), is applied topically in a mixture of emu oil, virgin olive oil, etc. DMSO is one of the least toxic organic chemicals known, and any toxicity can be detected easily by a garlic taste in the mouth. There are numerous testimonials to its effectiveness in relieving joint (especially knee) pain to be found on the internet. I have tried it myself and lend my voice as well.

Visit our websites at www.womenandhormones.com &

www.abouthormones.org

Crestor Study

A study from Boston named Jupiter was very reassuring for statins as a class and for Crestor in particular for prevention against heart attacks in apparently healthy patients with normal cholesterol levels. All participants in the study did have elevated C-Reactive Protein levels. It should be noted however that the study was sponsored and funded by Crestor's manufacturer. Another cautionary point is that Creatinine Kinase blood levels should be monitored with statins because of potential for muscle damage.

Muscle Relief

One tablespoon of plain mustard swallowed will produce relief from muscle cramps in 3 minutes according to an article in The Dallas Morning News. Try it if you need to. It really works.

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