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# Focus on Health

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December 2009

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## Levitra Extras

**V**ardenafil, which is generic Levitra, is very effective in treating or preventing COPD (chronic obstructive pulmonary disease), which is the 4th leading cause of death worldwide. It also treats Metabolic Syndrome, as well as premature ejaculation. It is unfortunate that most people miss out on its many beneficial effects.

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## Licorice

**L**icorice is very useful in lowering high blood potassium levels that can cause potentially lethal abnormal heart rhythms.

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## Vitamin D and the Flu

**T**he connection between low Vitamin D levels and contracting the flu was validated recently in a study on 19,000 Americans. Previous studies agree. One should take Vitamin D3, made by MegaFoods, 1000 mgm twice per day, for protection.

## Kidney Disease

**A** compound called Glutathione is a potential therapeutic strategy for chronic kidney disease. Glutathione has other beneficial effects. It is touted a preventor or treatment for cancer as well. It is found in full stalk canned style asparagus. But also, it can be increased by over-the-counter N-AcetylCysteine. Taking oral Glutathione doesn't work – it is inactivated in the intestine.

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## Diabetes Cancer Risks

**T**here are significant increased risks of pancreatic, liver, and colon cancer in those who have Type II diabetes or Metabolic Syndrome. This from the *British Journal of Cancer*, August 2009. This suggests that all are related to the presence of Helicobacter pylori.

## Hormone Blood Testing

**T**he American College of Obstetrics and Gynecology has reiterated its stance on bioidentical hormones. This stance stresses that salivary testing of women's hormone levels is not useful. Blood testing by a competent reference lab such as InterScience Institute is accurate and should be used.

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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. The information in this newsletter is derived from periodicals and books which I have read and whose information I have consolidated. 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.

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