
Focus on Health

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Gynecologic Endocrinology

Accidents?

Chance and the prepared mind are key elements to drug discovery. One of the best examples of this phenomenon was the emergence of the blockbuster drug Viagra when Pfizer researchers, who were searching for entirely unrelated drugs, stumbled upon it several years ago. As Louis Pasteur, a founder of microbiology, remarked centuries earlier, “chance favors the prepared mind.”

A drug has now emerged in the same manner as Viagra. It is named INTUNIV. This medication clears harmful senescent cells from the body leading to delay in age-related conditions. Source: “Aging Gracefully” by Amanda Chan, *The Huffington Post*, November 3, 2011.

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Wheat Free Diets

Wheat-free diets are trendy, but the eating plan – which rules out all wheat products, including bread and pasta – is a smart choice only for those with celiac disease (a serious autoimmune disorder) or bona fide gluten sensitivities, says Dee Sandquist, RD, a spokesperson for the American Diabetic Association. Otherwise, “there’s absolutely no benefit to going gluten-free, and, in fact, there are risks,” she says. For one: You’ll miss out on nutrients such as folic acid and fiber provided by whole wheat.

Good Doctor

Do you have knee problems and wish to avoid surgery? There is an orthopedic surgeon in Dallas, Dr. James Montgomery, who is currently treating my wife, Dorothy, conservatively. He does not rush in with an arthroscope or perform surgery, as do many others. Dr. Montgomery, in addition to his private practice at 7115 Greenville Avenue in Dallas, is on the UT Southwestern Medical School faculty, has been the U. S. Olympic Team head physician, and is on *D Magazine’s* “Best Doctors in Dallas” list. He was included in 1996 on the “Best Doctors in America” list.

Stand UP!

Standing Orders come from New Zealand-born former Olympic Sand World Record holder Sir Peter Snell who, at age 72, is director of the human performance laboratory at UT Southwestern Medical School in Dallas. Dr. Snell points out in a recent article that reduced sitting during the 23 hours of the day when one is not working out is very important to overall good health by keeping muscles from becoming tight and by maintaining good posture. Dr. Snell’s book, Use It or Lose It, is available at my office.

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