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# Focus on Health

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February 2007

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Gynecologic Endocrinology, Gynecologic Urology

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## Doctors John Woodward and Blaine Purcell

**A**s announced in my January 2007 newsletter I am no longer offering office patient care. I **am** still in the office for consultations and prescriptions concerning bioidentical hormone replacement. I have been joined in the practice of bioidentical HRT by Dr. Blaine Purcell of Wichita Falls. I will continue to have an office at Medical City Dallas. We both hope to provide services to our patients for many years to come.

Dr. Purcell, MD, JD, DVM is a native Texan, whose resumé is rather interesting. He is a board-certified specialist in internal medicine and anti-aging, as well as a lawyer, veterinarian and former green beret. He is also fluent in Spanish.

Dr. Purcell took my course on hormone replacement, and will continue with me to provide estradiol, testosterone and DHEA topical creams, plus estradiol and testosterone subcutaneous pellets for women. In addition, he will provide testosterone topical cream and subcutaneous testosterone pellets for men, which I as a gynecologist did not do.

Our pharmacists of choice are Janet Beard of Harvest Drug in Wichita Falls, telephone number (940) 692-7081 and Sara Hover of Creative Compounds in Richardson (972) 751-0102 and Jim Hmcir of Las Colinas Pharmacy in Irving, metro (972) 751-0102. We will call new prescriptions and refills to them and they will immediately mail them directly to you. If you prefer we will call prescriptions to any pharmacy of your choice.



Our special formulation of DHEA cream is called Twist-25 cream. It will be available by special order only from a link to this website. At present Twist-25 is backordered.

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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. Please read this now. Perhaps you have seen a new item that I have not included in this newsletter or have not seen myself. If so, feel free to bring it to my attention.

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## INFLAMMATION

### Omacor

**O**mega 3 fatty acids such as Omacor are very beneficial to protect against chronic inflammation, but require 4 grams (4 capsules) per day for women and eight per day for men. GLA (Gamma Linoleic Acid) one capsule per day is added.

### Bromelain

**A**nother anti-inflammatory, made of pineapple stems and called bromelain, is sold at all health food stores. Three capsules three times a day blocks the COX/LOX pathways of essential fatty acid metabolism and stops inflammation due to overproduction of arachidonic acid (AA).

## Vitamin D Deficiency

**V**itamin D in the form of Vitamin D3 should be supplemented in all people over 70. In addition, 21% of teenagers and 58% of adults have Vitamin D deficiency. Vitamin D produces an antibiotic-like substance that defends the body against a wide variety of infections: viral, bacterial, fungal, as well as defending against influenza and some cancers.

## Wrinkles and HRT

**A**t Yale University School of Medicine a study on skin wrinkling and rigidity showed that long term HRT users had less of both in 11 facial locations than non-users.

## Estradiol for Men?

**E**stradiol has vaso(blood vessel)-protective agent in men, and should be measured at least once.

## Immune System Supporters

**C**ompounds made of eight glycogens (sugars) available at health food stores as Ambrotose or Nutratose and combined with Plus or Sport amino acids are immune system supporters.

## Viral Blocker

**A** metalloprotein (Ultram) combined with Valtrex (an antiviral drug) blocks viral replication by acting as therapeutic serpin antagonist and cytokine modulator.

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