
Focus on Health

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Gynecologic Endocrinology

Estrogen Loss

A small percentage of women require increasing amounts of estrogen because they excrete the estrogen (estradiol) too rapidly in urine. A tiny amount of cobalt (600 micrograms) daily helps prevent this and maintains the effectiveness of the estrogen replacement therapy program. After the blood estradiol level stabilizes, the cobalt can be stopped. See page 45 of Suzanne Somers' new book, BREAKTHROUGH.

Lift Your Posture

Strap Perfect concealer clip is a small gizmo that connects bra straps in back. It lifts the breasts and improves posture, both of which enhance appearance. It can be bought via the Internet. The cost for two sets of three (with one free) is \$28, which includes shipping and handling.

Metabolic Syndrome

Metabolic Syndrome (see the article in *Menopausal Medicine*, Vol. 16, number 3–August 2008 by Drs. Shauna McKinney and Cynthia Sites) is also known as Reaven Syndrome or Syndrome X. Diagnostic factors include increased waist circumference, high blood pressure, elevated blood glucose, elevated triglycerides, low HDL cholesterol, a blood ferritin over 40, and obesity. Caucasian women are equally at risk with Caucasian men, but Hispanic and African-American women are at higher risk than their male counterparts. Metabolic Syndrome hikes the risk of peripheral artery disease (PAD). Another form of Metabolic Syndrome occurs in younger women and is called PCOS (polycystic ovarian syndrome). It is associated with anovulation, abnormal menses, and infertility. Treatment is similar.

Fast Food

Obesity in China is becoming more common. More than 25% of adults in the country are overweight. The increase of 1.2% per year in men is higher than in the U. S., U. K., and Australia. The reason is the increase in fast food, increasingly Western diet, and sedentary lifestyle. So says *The Wall Street Journal* of July 8, 2000. The situation has worsened since then.

Statins Safe?

Side effects related to statins such as Lipitor, Mevacor, Pravachol, and Crestor occur more commonly than reported in randomized trials. Muscle symptoms (pain) can occur in the absence of an elevated blood creatinine kinase (CK). Another concern about statin use and cognition has been recently raised, as well as postoperative delirium. This group of drugs may well prove more harmful overall than beneficial according to *OB-GYN News*, January 2009.

Hormone Help

New data from Dr. Susan Davis in Australia indicate that testosterone supplementation in post-menopausal women provides a modest but meaningful improvement in libido, even if used alone, but addition of estradiol and progesterone gives an even better response.

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