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# Focus on Health

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## Walk More Often

**W**alking may be the single best – and easiest – exercise you can do to improve your health. This was pointed out by British author George Trevelyan in 1913. Nearly a century later this same advice is echoed by medical experts everywhere. Get a good pair of walking shoes that fit well and have an adequate cushion for your heel. Start with short distances or time periods. Increase by a couple of minutes every two weeks. Walk slowly for 5 minutes, briskly for 5 and slower again for the last 5 minutes.

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## Sex and Heart

**S**ex is low risk for heart patients. If you can walk up two flights of stairs without chest pain, you can have a love life, according to the American Heart Association.

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## Statins and Breast Cancer

**S**tatins (Lipitor, Crestor etc.), may play a role in stopping breast cancer growth in certain women. However, recent studies suggest that statins may actually increase the risk of heart attacks and strokes, so beware if you are high risk for cardiovascular disease.

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## Anti-aging

**M**ice engineered to lack the enzyme called telomerase become prematurely decrepit. They bounce back to health when the enzyme is replaced. This comes from the Dana Farber Institute and Harvard and has implications for anti-aging. Short telomers lead to early death, many researchers argue. Others disagree.

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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.

## Common Risk Factors

**T**ype 2 Diabetes shares some of the common risk factors with psoriasis. This according to a followup cohort study as a followup to the Nurses' Health Study at Harvard. Thus, if you have either one, be vigilant for development of the other.

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## CKD

**C**hronic Kidney Disease (CKD) is considered an inflammatory state. An increase in fiber intake of 10 grams per day per patient was highly beneficial in a study at the University of Utah School of Medicine. The original article was in *Kidney International*, 81, 300-306.

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