

Focus on Health

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John R. Woodward, M.D.,P.A.
Gynecologic Endocrinology

Acomplia

Have you seen all the information about a drug named Acomplia available in Europe?

It is all true. I took one tablet per morning for 75 days and lost 75 pounds. My blood tests returned to levels I haven't seen since I was age 25. It didn't make me handsome, but you can't make a silk purse out of a sow's ear. Will the FDA approve Acomplia for use in the USA? Public pressure will help. BUT - A STRONG WARNING is necessary. Acomplia doubles the risk of SUICIDE. Therefore, it is not yet available in this country. If you take it, YOU DO SO AT YOUR OWN RISK.

The FDA is strongly influenced by political considerations!

Dr. Woodward to Retire

Dr. John Woodward will retire from seeing patients as of Jan 1, 2007. But don't be dismayed he will still be right in the thick of things concerning women's health. Among the things on his agenda are: a referral service for bio-identical hormones, antiaging and weight loss. This newsletter will be published monthly to the web site.

Political Pressure

The Wyeth Pharmaceutical Company is desperately lobbying the FDA and Congress to outlaw compounded drugs such as estradiol and testosterone topical creams for hormone replacement. Call or email your Congressman or Senator! Don't let it happen! Compounded drugs are much better regulated and supervised in this country than the generic drugs which are basically self-(non) supervised or regulated. When you read this Newsletter, act! Don't allow Wyeth to succeed!!! They have lost billions in sales of their drug Premarin and are trying to save themselves.

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.

John R. Woodward, M.D.,P.A.
7777 Forest Lane, Suite A338
Dallas, Texas 75230
(972) 566-7870

Use It or Lose It

The legendary, Dr. Peter Snell, born in New Zealand in 1938, is one of the greatest athletes of all time. He won 3 Olympic gold medals in the 1960's and set 8 world records. Dr. Snell joined University of Texas Southwestern Medical Center at Dallas as a research fellow in 1981. He is Associate Professor, Department of Internal Medicine and also Director of their Human Performance Center. A member of the American College of Sports Medicine, Snell was honored in 1999 as an Inaugural Inductee into the International Scholar-Athlete Hall of Fame, University of Rhode Island. In 2000 he was honored as the Athlete of the Century in New Zealand.

He and his wife, Miki, one of my favorite patients for the last 18 years, live in Dallas. "Use It or Lose It", his latest book, describes a daily approach to exercise that anyone can and should adopt. I have! You can order the book by going to the web site <http://www.useitorloseit.biz>. There also is a link to the web site on my home page and the links page.



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