
Focus on Health

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Gynecologic Endocrinology

Smoking Side Effects

Mayo Clinic researchers have found that cigarette smokers have greater knee arthritis, more cartilage loss, and more severe knee pain than non-smokers. Stopping smoking helped.

Testosterone in Men

A high testosterone is associated with lower mortality in men according to a British study, with those in the highest quartile being 30% lower than those in the lowest quartile.

Increased Cataract Risk

People who eat lots of high glycemic index foods may be increasing their risk of developing a cataract.

Pain Medications

After a while, bodies adjust to and refuse to “listen to” pain medications. Also, after serious injury the brain and spinal cord become rewired at the site of injury.

How Cancer Spreads

Cancer cells spread through the body by following normal maintenance cells that unwittingly blaze a trail for tumor cells to follow by leaving chemical messages behind. These messengers can be blocked.

Vitamin D3

Anursing home study showed that those with the highest vitamin D3 intake had the lowest incidence of falls by 20%.

Tamoxifen Treatment

The risk of estrogen receptor positive breast cancers is reduced for at least 10 years after treatment with tamoxifen (Nolvadex).

Slow Skin Aging

Regular skin moisturizer use slows skin aging. Look for a product that includes sunscreen.

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Good Night's Sleep

Researchers at the University of Chicago Medical Center report that disrupted sleep damages the body's overall ability to regulate blood sugar, potentially raising the risk of developing type II diabetes. In their study it took only 3 days to negatively affect the ability to regulate blood glucose levels.

Look Younger

Sagging breasts are instantly aging. Industry experts report that 4 out of 5 women wear the wrong size bra. Even a 5 pound weight gain or loss can affect bra size. After finding the right size, a woman may have to try several styles to find the one that works best for her.

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.