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# Focus on Health

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John R. Woodward, M.D.  
Gynecologic Endocrinology

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## Athletic Enhancers

**T**hree drugs which enhance the Nitric Oxide Pathway, all in the PDE-5 inhibitor family, are now being used by athletes to enhance their athletic performances in almost all endurance sports such as cycling, running, pro football - the list is endless, according to an article in the November 23, 2008 edition of The New York Times. These drugs are advertised ad nauseum on television for treatment of erectile dysfunction in men. Their brand names are familiar to everyone - Viagra, Cialis, and Levitra - as are the suggestive ads "when the time is right!"

All three drugs, known generically as Sildenafil, Tadalafil, and Vardenafil, are for sale in the USA but are protected by patent and cost \$9 per pill, much too expensive for daily use by most people. All three drugs can be purchased legally without prescription for \$2 per pill on the Internet for use in the treatment and prevention of other medical (particularly cardiovascular) conditions as well such as hypertension and congestive heart failure.

## Topical DHEA Preferred

**T**wo very important studies on the prohormone, DHEA (Dehydroepiandrosterone), have appeared in 2008. One is from Dr. Fernand Labrie in Canada and the other is by Dr. Susan Davis in Perth, Australia. They are especially informative when read in conjunction with a 2005 article by Dr. Labrie. The overall conclusion one reaches is that the route of administration of DHEA is, as with other bioidentical hormones, crucial. Topical DHEA cream avoids the first pass liver effect seen with oral DHEA supplements and is the preferred method of administration.

TWIST 25 and Sensuosity topical DHEA creams are available without prescription. That website is crosslinked to this one.

## Serotonin and Osteoporosis

**S**erotonin, a chemical previously known mainly for its entirely separate role in the brain, appears to control bone formation as well. This discovery can have enormous implications, osteoporosis experts say, because most osteoporosis treatments involve slowing bone breakdown rather than actually building bone. Osteoporosis affects 10 million Americans (both male and female) over age 50, and the only other bone building option is parathyroid hormone injections which cost \$6,700 per year.

An article published online from Columbia University on November 27, 2008 reveals that serotonin produced by the gut and released into the bloodstream reaches bone but does not pass the blood brain barrier and enter the brain. The more serotonin levels rise, the more bone is lost, according to research done in mice. Would slowing serotonin production improve osteoporosis in humans? Stay tuned.

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

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