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# Focus on Health

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## Dementia in the Elderly

**L**ate life dementia (individuals over age 80) has become a rapidly growing problem since this segment of our population is increasing faster than any other. Causes include brain atrophy due to chronic inflammation, arterial narrowing, and Lewy bodies associated with apolipoprotein E genotype abnormalities, obesity, diabetes, hypertension, and obstructive sleep apnea. Add cortisol overload to that list.

Lewy body dementia is the second leading cause of dementia. Lewy bodies are abnormal deposits of protein found in nerve cells throughout the brain. Other than brain biopsy, which is of course invasive and dangerous, the best test for dementia is done with playing cards. It was developed in Australia and a person can self test by finding their website which is [www.cogstateltd.com](http://www.cogstateltd.com).

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## The Forgotten Hormone

**D**HEA is known as the “Mother of All Hormones.” There is another hormone called Pregnenolone, which is the “Grandmother of All Hormones.” It was discovered in the 1940’s but was ignored because it could not be patented by pharmaceutical companies. At about the same time, cortisol was discovered. It could be patented (Cortisone, Prednisone, Aristocort, etc.). These were marvelous for relieving inflammation, and their long-term complications were not recognized until much later (osteoporosis, diabetes, weight gain, and diminished immunity). Therefore, Pregnenolone became the forgotten hormone. It has languished for 70 years. Cortisol is the only human steroid hormone that increases with age lifelong. All the others – DHEA, progesterone, estrogen, and testosterone – peak around age 25 then begin an inexorable decline. Thus an overload of cortisol gradually develops. This overload can and should be treated with Pregnenolone in either topical cream or subcutaneous pellet form. An excess of cortisol causes decreased memory, skin aging, excessive fatigue, loss of memory, and depression.

## Pain Relief

**R**yzolt is an extended release form of Tramadol. It is not addictive and can be used around the clock for pain relief. It comes in 100, 200, and 300 mgm strengths.

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## Risk for PAD

**S**moking is by far the most powerful risk factor (12.7 fold) for peripheral artery disease (PAD). Omega 3 fatty acids are the best protection against PAD.

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## Type II Diabetes

Metformin (Glucophage), the most common drug prescribed for Type II diabetes has been shown to lower thyroid hormone levels. This can be checked by measuring free T3 blood levels. This is described in an article in Diabetes Care in 2009.

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