
Focus on Health

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Gynecologic Endocrinology

Diabetes Control

An A1C hemoglobin measures average blood sugar levels. A second blood test (Glycomark) measures glycemic variability. Both are necessary to check diabetes control.

Diet Foiler

The level of the stress hormone cortisol rises while dieting. This was detected in a study from the University of California-San Francisco. It was found to be detrimental to weight loss. Any measures to lower stress while restricting calories is therefore of benefit.

Blood Pressure

Dairy whey protein may reduce systolic blood pressure. This was shown by a recent study from Perth, Australia. There were no significant changes in inflammatory markers.

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New Alzheimer's Test

A new dye and scan test for detection of Alzheimer's has not as yet been approved by the FDA but looks like it will soon solve a problem that has been around for a long time. The problem has been an accurate test for detection of Alzheimer's in patients with memory problems. Also, doctors will be able to figure out whether treatments are slowing or halting the disease. This will change the entire management of the disease in a dramatic way. Ever since Alzheimer's Disease was described by a German physician (Alois Alzheimer) in 1906, there has been only one way to know for sure that a person had it. That was a brain exam after death that showed microscopic black freckles, plaque, sticking to brain slices like barnacles. Without plaque, a person's memory loss was not from this disease. Twenty percent of people with memory loss (dementia) have the problem for other reasons and are misdiagnosed.

This new test, which consists of a PET scan of the brain using a dye developed in Philadelphia by a start-up company named Avid Radio-pharmaceuticals is not yet FDA approved. The dye is injected intravenously and is followed by a PET scan of the brain.

The first human study results will be presented at a meeting in Honolulu on July 11th this year.

Trust Issues

She doesn't trust you? Blame the testosterone. A woman's testosterone increases just prior to ovulation. This enhances her libido but also decreases interpersonal trust. So, guys, you know women are complex, but it is even worse than you thought.

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.

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