

# Focus on Health

June 2006

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

## HRT Favored Again

In a sharp reversal, the National Institutes of Health sponsored a new study of heart disease which showed that hormone replacement therapy decreased risk by 30%. This will probably continue to increase as the study lasts longer. The previous NIH study 4 years ago showed increased risk, because it was poorly conceived and done. Even this continuation study ignores bioidentical nonoral hormones and instead uses Premarin and Provera.

## Tea Tree Oil

Tea Tree Oil applied topically can increase resistance to the deadly methicillin resistant staphylococcus aureus bacteria frequently found on skin. A compounding pharmacist can make it.

## Speedy Recovery

Gum chewing speeds postoperative recovery of normal bowel function (reduces ileus) and saves days of expensive hospital stay (750 million to a billion dollars less nationwide per year).

## Estrogen Not To Blame

A new study from Yale shows that women who take estrogen alone after a hysterectomy do not increase their risk for breast cancer. That points to progesterone, especially the synthetic Provera as the culprit, and suggests RU-486, an antiprogestosterone, as useful in hysterectomized women.

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

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 if you have time before I see you, so that we can further discuss whichever topic especially interests you.

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.

## Stuff You Need to Know

Exercise improves skin wound healing. Stress from bickering with a spouse hinders it.

To be effective, hand sanitizers must be at least 60% alcohol. Purell has 62%.

Surgical biopsy to evaluate breast cancer is strongly discouraged. Needle biopsy instead is the procedure of choice.

Injections (supposedly into buttock muscles) fail to reach the muscle tissue in two-thirds of patients due to trunkal obesity.

How much chocolate is good for your heart? Four of the 1 by 1 inch squares of dark chocolate snapped off a large chocolate bar once a day is it.

Several articles have appeared in the literature implicating a viral cause of obesity. It is puzzling how medical researchers have and are ignoring this, since epidemiologic studies support this concept.

Droplets in a sneeze travel as fast as 150 feet per second and as far as 12 feet.