

# Focus on Health

June 2008

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## Puzzling Results

A study by the American Diabetes Association called ACCORD showed a lower risk of cardiovascular death associated with less strict control of blood sugars. A similar study in Canada called ADVANCE found no increased CV risk with strict blood sugar control. This difference in results is puzzling.

## Report Bias

The Women's Health Initiative investigation (WHI) 3-year follow up report on hormone replacement therapy continues the negative bias these investigators showed in their first study, related probably to their vested interests. This opinion is advanced by Dr. Leon Speroff, editor of *OB-GYN Clinical Alert*.

## Men and Bone Fracture

A lower testosterone blood level in men aged 60 and over is associated with increased risk of bone fracture (especially hip and nonvertebral) according to an article in *Internal Medicine Alert*.

## Vitamin E

A study from Florence, Italy found a significant relationship between lower Vitamin E levels and physical decline in aging seniors (over age 65), but not in levels of Vitamins B6, B12, and D, or in folate. Whether one causes the other and, if so, which causes which, is not yet clear. At any rate, mixing St. Ives Vitamin E topical cream half and half with DHEA Cream would seem to be a reasonable plan, with application to face and hands.

## Off Label Drug Use

Regulating off-label drug use – rethinking the role of the FDA. Physicians' freedom to prescribe drugs for uses other than those stated in the drug insert carries important advantages as it permits innovation in clinical practice, says an editorial in the *New England Journal of Medicine*. I thoroughly agree.

The Mirena IUD which supplies progesterone is still an excellent choice.

## Pap Replacement?

Pap smears have a sensitivity of only 51%, thus they must be repeated at regular intervals to accommodate for this limitation. A liquid-based cytology which screens for Human Papilloma Virus DNA (obtained as a self-collected vaginal sample) makes more sense and would allow the pap smear to fade into medical history.

My new additional website:  
[www.abouthormones.org](http://www.abouthormones.org)

The latest and most complete information on:

- Bioidentical hormones
- DHEA Cream
- PMS
- Alzheimer's
- Estrogen
- Testosterone
- Thyroid
- HGH
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