
Focus on Health

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Gynecologic Endocrinology

Cardiovascular Problem Solutions

Recent articles have increasingly clarified the importance of the Nitric Oxide Pathway in the genesis or protection of cardiovascular disease. Of particular note are the facts that Metabolic Syndrome or Diabetes, both of which have long been known to increase cardiovascular risk (heart attack, stroke, hypertension, arrhythmia, ruptured aneurysm, and blood clots) both impede or block the synthesis and release of Nitric Oxide. Cigarette smoking does the same thing. Adding the two together is a particularly lethal combination in both women and men.

On the other side of the coin, there are two effective agents which protect against cardiovascular problems. These include the PDE5 pathway blockers, Vardenafil, Tadalafil, and Sildenafil (Levitra, Cialis, and Viagra) and the hormone dehydroepiandrosterone - DHEA (Twist 25 or Sensuosity Cream). Combining these two is a highly effective protective regimen against cardiovascular events. Adding Omega 3 fatty acids (8 grams per day), a potent and safe anticoagulant, makes the best program of all.

References include: Kazuya Ichiki, MD, et al. Long-term Smoking Impairs Platelet-Derived Nitric Oxide Release. *Circulation*. 1996;94;3109-3114 © 1996 American Heart Association, Inc.; Ken Y. Lin, et al. Impaired Nitric Oxide Synthase Pathway in Diabetes Mellitus. *Circulation*. 2002;106;987-992 © 2002 American Heart Association, Inc.; Robert S. Dinsmoor; J. Joseph Prendergast. The Nitric Oxide Pathway. 7 Feb 2006. *EzineArticles.com*. 24 Sep 2008; Pascal Hazel. The Mode of Action of Sildenafil. Chemistry, Imperial College, London; and Fish and Omega-3 Fatty Acids, 2009 American Heart Association.

Salt

A Chinese study shows that people with Metabolic Syndrome have an exaggerated blood pressure response to salt intake or restriction of about 5 mm Hg.

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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.

Muscle Mass Loss

Lower hormone levels in women who exercise regularly and take birth control pills may result in 60 percent less gain in muscle mass than women who are not on "the pill," says a new study from Case Medical Center in Cleveland, Ohio. The reduction in DHEA levels caused by birth control pills may explain this. Thus DHEA Cream could be a good idea for birth control pill users. As with any other bioidentical hormone, oral use is not effective due to the "first pass through the liver" effect.

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