
Focus on Health

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Gynecologic Endocrinology

COPD Help

COPD (Chronic Obstructive Pulmonary Disease): Other than COPD (Chronic Obstructive Pulmonary Disease): Other than cessation of smoking, only oxygen therapy in late stage disease has been shown to be useful. In earlier stages of the disease, aerobic training such as cycling can be of help. Resistance training added to aerobic training provides little if any additional benefit.

RISK

Metabolic Syndrome increases the risk of peripheral artery disease. Smoking in addition was by far (12.7 fold increased risk) the most powerful risk factor.

Mercury in Fish

All fish do not contain the same levels of mercury. Large fish that are higher in the food chain (sharks, swordfish, and king mackerel) accumulate more contaminants because they consume lots of smaller fish. Eat smaller fish and shellfish such as wild Pacific salmon, cod, crabs, and flounder.

Diet

Is low carb a bad mood diet? A study from University of California, San Diego shows that it is compared to a low fat diet

Dementia

Changing perspective regarding late-life dementia is an article published in 2009. A specific constellation of genetic and environmental factors (including apolipoprotein E genotype, obesity, diabetes, hypertension, head trauma, systemic illnesses, and obstructive sleep apnea) contributes to late life brain atrophy and dementia. Omega 3 fatty acids help prevent late life dementia.

Breast Cancer Detection

An article in the journal *Nature Medicine* reports the discovery of a vaccine against breast cancer that is effective in mice. If it works the same way in humans, it will be monumental. We could eliminate breast cancer. The study was conducted at the Cleveland Clinic.

Your Measurements

Getting the most bang for your buck with lipid measurement? A lipid profile that includes LDL, HDL, apo B and apo A is the best test. Triglycerides have the weakest association to cardiovascular disease endpoints. HDL levels show an almost 3-fold greater hazard ratio. Focusing on total and HDL cholesterol and using non-fasting results are better predictors than measuring triglycerides. This from an article in the JAMA 2009.

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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.

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