

Focus on Health

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Gynecologic Endocrinology

Lifelong Progesterone

A growing body of evidence indicates that progesterone exerts neuroprotective effects on the central nervous system. A study from Emory University in Atlanta, Georgia, confirms previous studies to that effect. Thus all women should maintain normal progesterone blood levels lifelong even if protection against uterine and ovarian cancer is not needed due to previous surgery.

Vaginal Danazol

An article in the journal *Contemporary OB-GYN* in January 2008 suggests that the drug Danazol, previously used orally, can be self-administered 200 mgm vaginally once daily with good relief of pelvic pain, painful periods, and painful intercourse. After three months of treatment, relief increased over six months and persisted over the rest of the 12-month treatment course.

Testosterone Supplementation

It seems reasonable to speculate that the FDA will ultimately revise its position against testosterone supplementation in post menopausal women, which is, in my opinion, totally incorrect. An article in the December 2007 issue of *The Female Patient* backs me up.

Statin Side Effects

From the "Health Journal" of *The Wall Street Journal*: can a statin drug which lowers the risk of cardiovascular disease make you stupid? Lipitor has cognitive side effects such as memory loss and fuzzy thinking. These changes start to occur within 6 weeks of starting a statin and stop quickly when the drug is stopped. Muscle pain, which can be severe, is the second most common side effect.

Prevent Falls

Tai Chi prevents falls in the elderly, according to a study from Sydney, Australia.

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.

Topical Vitamin E

Topical Vitamin E cream protects against sunburn, skin cancer, wrinkles, and mottled pigmentation. The brand I use is St. Ives.

Compounds Questioned

Wyeth Pharmaceutical, maker of Premarin and Prempro, has spurred the FDA to attack pharmacies that compound bio-identical hormones. Seven pharmacies received warning letters nationwide. If women using bio-identical HRT want to continue to have access to them, we all need to speak up long and loud.

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