
Focus on Health

March 2009

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Gynecologic Endocrinology

Transdermal Best

A long overdue article, "Transdermal Hormone Therapy Compared to Oral Hormone Therapy" is concerning the First Pass Effect through liver which makes non-oral hormone administration crucial. The author is Alan Altman at Harvard Medical School.

Recombivax Vaccine

The bacterium *Helicobacter pylori* is now strongly linked to cancer of the biliary tree (bile ducts and gall bladder) as it is to breast cancer. This re-enforces the hypothesis of a common etiology for both and makes Recombivax vaccination sound better and better.

Sports and Viagra

Levitra (Vardenafil), Cialis (Tadalafil), and Viagra (Sildenafil) will all be tested for in the future for athletic competitions such as distance running, cycling, Nordic skiing, etc. Since they all prevent pulmonary hypertension, they give an athlete an advantage especially at high altitude or when there is air pollution (such as the Beijing Olympics).

Heart Health

"Resveratrol May Be a Longevity Molecule" from Life Enhancement revisits the 60 Minutes Story of 1991 concerning the French Paradox (wrong diet but low rate of heart disease). All pharmacies and health food stores carry these capsules, 50-250 mgm twice per day. Check it out and try it. Red wines from cool climates is a way to start.

Estradiol and DHEA

Estradiol administered long term is neuroprotective according to an article in the *Journal of Cerebral Blood Flow and Metabolism* in 2009. A similar article, same journal, shows that DHEA does the same thing.

Relief

A longtime patient of mine tells me she has discovered relief from acid reflux and heart burn. Upon first signs of trouble simply pop a couple of Dentyne Ice Peppermint chewing gum pieces in your mouth and chew. Within a very few minutes relief has arrived. She has spread the good news to many of her friends with varying degrees of pain and they agree this is the easiest and most convenient method of control they have used. Give it a try.

Synthetic Progestin

The conventional wisdom is that estrogen causes breast cancer. We now know that estrogen is probably secreted or produced directly from breast tissue itself. Several studies link the synthetic oral progestin Medroxyprogesterone (Provera, Prempro) with increased risk of breast cancer. Until larger studies confirm or confound this information, these products should be pulled from the market. Depo-Provera is also suspect. Why doesn't the FDA act? Could the pharmaceutical industry be pulling the strings?

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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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