
Focus on Health

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Gynecologic Endocrinology

Hypertension

Hypertension (high blood pressure) is the second leading cause of death in this country. If a person lives long enough, he or she will develop it due to rising cortisol levels. The prestigious Institute of Medicine says that doctors too often don't treat it aggressively enough.

Iron Overload

Hereditary iron overload, if untreated, leads to liver cirrhosis, arthritis, or diabetes. Repeated phlebotomy (blood drawing) should be started as early as possible.

Reduce Falling

Vitamin D supplementation reduces the risk of falling by at least 19 to 26%.

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Resistance and Strength Training

Resistance training added to aerobic training provides little if any benefit for people with COPD (chronic obstructive pulmonary disease) which is the 4th most common cause of death in the U.S.A.

Bifocals and Children

Bifocals improve on regular lenses in slowing near sightedness in children.

Recognizing Faces

Being able to recognize faces is roughly 30% heritable.

Strength training, however, does sharpen the minds of senior women (ages 65-75), including enhanced ability to make decisions, resolve conflicts, and focus on subjects without being distracted by competing stimuli, according to a study in *Archives of Internal Medicine*, January 25, 2010.

Diabetes Diet

The best diet for type 2 diabetes is a combination of vegan plus the Mediterranean diet.

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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