

Focus on Health

May 2010

John R. Woodward, M.D.
Gynecologic Endocrinology

More Vitamin D

Higher Vitamin D levels are associated with decreased risk of pelvic floor disorders in women age 50 or over. Thus there is reduction in urinary stress incontinence. This was from the National Health and Nutrition Examination Survey.

Niacin over Statins?

Niacin beats statins for lowering LDL. It is much better tolerated in head-to-head competition and also causes regression of carotid plaques. This was a study in The New England Journal of Medicine in 2009.

John R. Woodward, M.D.
7777 Forest Lane, Suite A338
Dallas, Texas 75230
(972) 566-7870

Testosterone

Menopause-related testosterone predominance may play an important role in visceral fat accumulation and subsequent cardiovascular risk, says a study from Chicago.

C-Section

A survey by the American College of OB-GYN reported that 25.9% of obstetricians no longer offer vaginal birth after cesarean birth (VBAC) specifically to avoid the risk of a malpractice claim. This decrease in VBAC births has fueled the overall rate of cesarean births since 1996. The second factor is the advent of cesarean delivery upon maternal request.

Want a diet?

- Leaves, seeds, whole grains, roots, fruits and nuts,
- Fins and shells, but no feathers or red meat;
- If it's orange, yellow or red – go ahead
- If it's white, it ain't right.

Definitions

White: Sugar, salt, white bread, potatoes, pastry, fat milk, flour, ice cream, pie, cake, popcorn

Red: Raspberries, strawberries, cherries, blueberries, apples, prunes, plums, watermelon, red peppers, salsa, V-8 juice, Tabasco, all red sauces.

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.

Excessive Cortisol

If you live long enough, hypertension is almost guaranteed due to rising cortisol levels. Excessive cortisol is blocked by DHEA and Holy Basil.

Visit our websites at www.womenandhormones.com &
www.abouthormones.org