

Focus on Health

May 2011

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Gynecologic Endocrinology

Testosterone

Only testosterone corrects erectile dysfunction (ED). By the way, using compounded testosterone cream or testosterone subcutaneous pellets corrects both libido and ED.

Furthermore, using testosterone alone is not a good idea. It must be accompanied by DHEA to prevent shrinkage of the testicles, as well as testicular tumors, which DHEA (administered by subcutaneous pellets or Twist 25 cream, which has proven effective by laboratory tests to raise DHEA levels) does beautifully.

Diet

A study from Denmark done on 53,644 men and women with over twelve years of follow up showed that those who cut back on saturated fats but increased their intake of whole grains and high fiber vegetables and fruits reduced their risk of a heart attack by 12 percent. Every 5 percent increase in calories from high fiber foods did the job.

Zinc

Seven milligrams of zinc daily for 10 weeks, in a study from the *European Journal of Clinical Nutrition*, produced significant reductions in anger and hostility, as well as in feelings of depression and dejection.

People who floss their teeth regularly live an average of seven years longer than those who don't.

Generic Levitra

Generic Levitra, obtainable on the Internet, helps correct the impotence problem but does not improve a man's libido.

Clothing Germs

Most clothing has had a germ-filled life before it reaches your closet, according to research at New York University Langone Medical Center. As clothes go on and off in fitting rooms, skin cells that may contain superbugs, like MRSA, slough off. A trip through the wash cycle is especially crucial for new swimwear and underwear.

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Alcohol and Sex

Alcohol (beer, wine, etc.) increases estrogen production in men. It also increases sex hormone binding globulin which ties up testosterone, thereby inactivating it. Therefore, men who consume large amounts of alcohol feminize and demasculinize themselves to a marked degree. So sorry, fellows. You can't have it both ways. You ply the lovely lady with several drinks, then can't perform.

Arthritis

Certo, which is a gelatin liquid containing pectin and can be purchased at any grocery, can be added to grape juice. If used, one tablespoon twice a day, it is a very effective and inexpensive treatment for arthritis. This according to "The People's Pharmacy" column in *The Dallas Morning News* of April 5, 2011.

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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