
Focus on Health

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Gynecologic Endocrinology

Overactive Bladder

A new drug for overactive bladder syndrome (including Interstitial Cystitis) adds to treatment options and has fewer side effects (dry mouth and constipation). It is called Trospium. It would be a good combination to use along with electrical bladder stimulation (applied to right ankle).

MRSA and Your Pets

Heads up, Pet Owners! An article in the September 22, 2009 *NEW YORK TIMES* warns that household pets, including birds, cats, pigs, rabbits, dogs, and rodents, harbor MRSA, the drug resistant strain of staphylococcus, and can act as a reservoir of infection that humans can contract. In particular, homes that have cats are 8 times as likely to have MRSA as others.

Don't get rid of your pet – I'm sure you won't – but keep a spray bottle of Microcyn, a very effective sterilizing solution, in your house and use it liberally.

Prostate Cancer

Mounting evidence suggests that prostate cancer is an infectious disease caused by a recently identified virus. The latest report was published September 7, 2009. This latest report is the third independent confirmation. The virus is sexually transmitted.

Good Health Food

Konnyaku is a traditional Japanese food. It has been found to be a marvelous health food which lowers blood glucose, cholesterol, and blood pressure. The dietary fiber in this potato-like plant keeps the bowel completely cleansed. It can be sprinkled on foods and causes weight loss.

Statins Safe?

Statin type drugs (Lipitor, Crestor, Zocor, and their generics) are not nearly as safe as advertised. They cause muscle pain that can be severe up to 10% of the time. Muscle damage which they produce will only show on a muscle biopsy and the usual test (a blood CK) will miss it.

More Powerful CoQ10

A newer version of Coenzyme Q10 is available that is 8 times more powerful than the original. It is called Accel and is being touted by the Japanese (who discovered CoQ10 in the first place) as an anti-aging agent beyond compare.

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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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