

Focus on Health

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Flu Protection

Vitamin D3-50, obtainable on the Internet, protects against all types of flu, including H1N1, as well as colds.

Cereal

Kids' cereals pour on the sugar and sodium. They are also low in fiber.

Liver Fat

Fat worry has shifted from belly to liver. Excess liver fat, up to 50% (normal is less than 5%) increases insulin resistance and risk of metabolic syndrome or diabetes according to the Centers for Disease Control and Prevention.

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PAP Smears

Regular pap smears are as effective as ThinPreps says an article in the *Journal of the American Medical Association*. ThinPrep is more expensive and thus is preferred by most U.S. labs. Until recently the Dutch government didn't allow ThinPrep.

Smells Effect

Interesting Trivia: Certain smells like vanilla and pumpkin pie can make men sexually excited and increase the flow of blood to the penis.

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.

Cancer Risk

Decrease

Overall thyroid cancer risk decreases with greater alcohol consumption (2 drinks a day vs. none) says the National Cancer Institute.

Fight Stress

Sorry, ice cream isn't on the list. But the following foods contain nutrients that help fight stress and depression: nuts, leafy greens, salmon, and dried cherries, says the book *Eat Your Way to Happiness*.

Pregnenolone

We now have pregnenolone cream and pellets. Known as the grandmother of all hormones, it increases mental function and increases DHEA and DHEA sulfate blood levels.

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www.abouthormones.org