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# Focus on Health

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## Orgasm Info

There is an interesting article concerning female orgasm in the September/October 2005 issue of Women's Health magazine. To read this enlightening article, log on to [www.womenshealthmag.com](http://www.womenshealthmag.com) and enter Anatomy of an Orgasm in the search bar. My compounding pharmacists have nasal oxytocin which is mentioned in the article.

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## Correct Prostaglandin E2 Levels

The COX and LOX pathways in essential lipid metabolism lead to excessive production of pro-inflammatory prostaglandin E2. Both pathways can be blocked by two over-the-counter medications called Bromelain and Turmeric. We can then check blood levels of prostaglandin E2 to evaluate adequate dosage of each. Gamma linolenic acid (GLA) is another over-the-counter product that improves lipid levels. Trans fatty acid in food is bad news. Omega 3 fatty acids (Omacor) are crucial to maintain normal lipid levels.

## Improved DHEA Cream

Sensuosity Cream is a new and improved form of topical DHEA cream containing several antioxidants in addition to DHEA. It is patented and trademarked to me and is dispensed in a disposable container which delivers 1/4cc per squirt and lasts one to two months. The cream is applied to the abdomen once per day as well as a tiny bit to the nipples and clitoris. It is only available at Abrams Royal Pharmacy at present. It is marketed for female sexual enhancement and will soon be available over-the-counter without a prescription.

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Multiple studies now show that eating soy has virtually no beneficial effect on lipids and cardiovascular health.

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We have a new blood test available to measure plaques in the arterial system which may be a major step toward deciding who needs evaluation for cardiovascular disease.

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Non-hormonal therapy for hot flashes was rated Not So Hot in a study from Oregon Health and Sciences University.

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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. Please read this now if you have time before I see you, so that we can further discuss whichever topic especially interests you.

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.

Visit our website at [www.womenandhormones.com](http://www.womenandhormones.com)