

Focus on Health

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Gynecologic Endocrinology

Oral Contraceptives and Romance

Women who take oral contraceptives are attracted to a different type of romantic partner than they would be if they did not take the pill, new British research suggests. Researchers at the University of Liverpool and the University of Newcastle found that women who take the birth control pill were more likely to be attracted to a partner who was genetically similar to themselves.

Earlier Heart Attacks

Women who smoke have heart attacks nearly 14 years earlier than women who don't smoke, Norwegian doctors reported in a study presented to the European Society of Cardiology. For men, the gap is not so dramatic; male smokers have heart attacks about six years earlier than men who don't smoke.

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HT May Benefit Postmenopausal Cognition, Memory

Three new studies contradict past results. Hormone therapy might even attenuate some of the cognitive deficits that occur in Alzheimer's disease, according to studies being done at Sunnybrook Health Sciences Centre in Toronto and Barrow Neurological Institute in Phoenix. A positive effect on the brain and cognitive function has been shown with estradiol; however trials using conjugated equine estrogens (Premarin) have shown no treatment effects in women at risk for Alzheimer's.

Single Protein Controls Fat

Scientists have known for decades that controlled famine can extend the lifespan of mammals by as much as 50 percent. Researchers at MIT believe they've found the key to a long, lean, healthy life in a single protein that controls whether a mammal stores fat or sheds it.

Things You Need To Know

Daily supplements of omega-3 polyunsaturated fatty acids the kind found in fish oil reduced death and hospitalizations of people with heart failure, an Italian study found. Dosage used in the study was not stated.

A high intake of trans fat could increase colon cancer risk, according to new research published in the American Journal of Epidemiology.

Women in the highest quantile of waist-to-hip ratio had 70% excess risk of pancreatic cancer compared with women in the lowest quantile according to a study done by the Women's Health Initiative. Thing

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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