

Focus on Health

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Gynecologic Endocrinology

Milk of Magnesia

Milk of Magnesia can be used as an underarm deodorant. Because underarm odor is largely the result of skin bacteria, fueled by sweat, getting rid of bacteria each morning seems like a logical approach. Hibiclens is an antibacterial cleanser containing chlorhexidine. It doesn't require a prescription and all drugstores have it.

Soy Ineffective

From *The Dallas Morning News* "Healthy Living" section, October 4, 2011: Adding soy to a woman's diet to reduce hot flashes and night sweats does not work. It also lowers thyroid hormone levels. So it is not a good idea. Soy actually makes hot flashes worse. Pycnogenol made from French coastal pines does help.

Meat Temps

High temperature cooked meat contains two families of carcinogens raising the risk of renal cell cancer. Therefore, watch out for barbecued meat. There is no correlation with overall meat intake in one's diet.

Low Vitamin D

Low vitamin D levels are common and are linked to a number of risk factors for cardiovascular disease, new evidence suggests. Heart attacks and premature death also are connected with low levels. There is evidence that low vitamin D levels affect blood pressure, insulin resistance, and coronary artery disease. This is from *USA Today*, October 4, 2011.

Statins Negatives

Muscle pain affects up to ten percent of those who try statins (including me). It is therefore not rare as is claimed by manufacturers of Lipitor, Crestor, and other statins. This has been proven by muscle biopsies. The usual blood test for muscle breakdown (a CK) is inadequate to detect this damage. Sources: *Annals of Internal Medicine*, June 16, 2009 and *Canadian Medical Association Journal*, July 7, 2009.

...And

Other knocks against statin drugs come from the *Journal of Sexual Medicine*, April 2010. French and Dutch researchers have reported that decreased libido and erectile dysfunction may be associated with statin-type drugs. This is echoed in *The British Journal of Clinical Pharmacology*, September 2004 and *Drug Safety*, July 2009.

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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