
Focus on Health

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Gynecologic Endocrinology

Sleep Apnea

Obststructive sleep apnea puts a person at the same increased risk (40%) of a heart attack as a history of a prior heart attack. It is corrected by a continuous positive airway pressure machine (C-PAP) used at night while sleeping.

Chocolate Is GOOD!

German researchers showed that dark chocolate is beneficial in lowering blood pressure. The correct amount is 30 calories daily. In a personal search for the best dark chocolate, American chocolate did not compare taste-wise with that from Europe, particularly Britain, Italy, France, Belgium, and Switzerland. Exception: DOVE dark chocolate. Try it. White chocolate tried in this study had no such cardiovascular effect.

Meat and Body Fat

A strong link was found between meat intake and body fat percentage in a recent study of nonsmoking premenopausal women. Vegetarians have consistently been shown to be leaner than people who eat meat. This may be due to increases in insulin levels associated with meat consumption.

Finding a Gynecologist Who Prescribes Bioidentical Non-Oral Hormone Replacement Therapy (HRT)

Let me make some suggestions. Check the Internet for the following key words: women hormones bioidentical. A large number of websites will come up. Call or email one of those websites and proceed from there. A Fort Worth gynecologist, Dr. Michael England, does bioidentical HRT. His telephone number is 817-820-4230.

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Male Urinary Urgency

Levitra and Cialis have been safely used for years for male erectile dysfunction (ED). Now it becomes evident that taking one or the other of these medications on a regular daily basis reduces symptoms of urinary urgency and nocturia (getting up at night to void).

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. Perhaps you have seen a new item that I have not included in this newsletter or have not seen myself. If so, feel free to bring it to my attention.

Visit our website at www.womenandhormones.com

DHEA and DHEA Sulfate

An article entitled "New Evidence for protective effects of DHEA Sulfate on health among men but not women" comes from Princeton University and the University of California, Berkeley. It discusses both DHEA (dehydroepiandrosterone) and its sulfate form in relation to their demonstrated associations with a broad range of health outcomes. It reports a prospective longitudinal study from Taiwan done over a three-year period on the associations of DHEA-S with cognitive impairment, depressive symptoms, and global self-rated health for men and women.

What has become evident over the last two years is that DHEA is as different a hormone from DHEA Sulfate as estrogen is from testosterone. DHEA and DHEA Sulfate – **different hormones, not different forms of the same hormone**. For example, as is delineated in an article from Australia in 2007, DHEA Sulfate has a strong affinity for serum albumin. Circulating DHEA by contrast has a strong affinity for sex hormone binding globulin (SHBG). Fifty milligrams per day of DHEA has a positive effect on mood and wellbeing in both premenopausal and postmenopausal women. Low DHEA Sulfate is associated with poor mobility and cognitive function in women and men, but more so for women.

Improvement of skin status occurs, particularly in women, in terms of hydration, epidermal thickness, sebum production, and pigmentation, making DHEA Cream (marketed as **TWIST 25 Cream** at www.twist25.com) an ideal face cream. All of us want all of these effects. Therefore, adding DHEA Cream to the regimen provides that. So, as I do, one can take both DHEA Sulfate orally and use **TWIST 25 Cream** as well. The total daily DHEA dosage should not exceed 50 milligrams unless recommended by a physician.

Valtrex/Ultram ER Combination Patented

Heretofore virtually unnoticed United States Patent No. 6803379 describes a combination of two drugs, both of which are potent antivirals, that block replication of a number of disease causing recombinant Adeno-Associated viruses such as West Nile Virus, Yellow Fever, Influenza, etc. The two drugs are picolinic acid (Ultram ER) and valacyclovir (Valtrex). They are five times as potent in combination as either agent by itself. Ultram ER is being marketed as a mild post-operative pain reliever and Valtrex as a treatment for herpes. The patent was awarded to Doctors Jose A. Fernandez-Pol and Sebastian Fernandez-Pol, publication date October 12, 2004

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