
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 817-923-5559.

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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