
Focus on Health

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Gynecologic Endocrinology

New Research

Research from Yale University School of Medicine describes a previously unrecognized pathway, the Renalase Pathway, for regulation of cardiac function and blood pressure in mice. Now to find the same or a similar pathway and gene in humans.

Men's Bone Health

Not only androgens (testosterone) but also estrogens are important regulators of bone health in men, and serum estradiol levels predict the risk of fracture independently of serum testosterone. An article in the journal ENDOCRINOLOGY, August 2009.

Hungry?

An article appeared in PREVENTION on June 27, 2009 - "Binge-proof Your Diet: 6 Foods That Keep You Full and Satisfied". The list included the following: eggs, almonds, avocados, apples, steel-cut oatmeal, and peanut butter.

Cognitive Function and Menopause

Does cognitive function decline during the Menopausal Transition? The Study of Women's Health Across the Nation (SWAN) says "Yes!" A study of more than 2,000 women also found that women who used hormone therapy before the final menstrual period exhibited higher cognitive functioning during the perimenopause and menopause, whereas women who initiated hormone therapy after the last menstrual period experienced a decline in cognitive function. Both processing speed and verbal memory were evaluated. Prior hormone therapy use improved the scores in both areas, but late use reduced the scores in both areas.

Weight Gain

Weight gain in humans increases artery stiffening leading to hypertension, a study in the journal HYPERTENSION from 2008 shows very persuasively in non-obese young men.

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Ovarian Cancer Risk

A study from Denmark in the JAMA published July 2009 concludes that hormone therapy, regardless of formulation, dosage, type, or route of administration increased the risk of ovarian cancer. The study involved almost one million women in the Danish Cancer Register. The increased risk of death was one case per 8,300 women years of use, about the same as the increased risk of suicide seen with the use of Welbutryn.

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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