

Focus on Health

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Vitamins You Need

Listed below are my recommendations for daily dietary supplements.

- 1) 1000 mg of Vitamin C
- 2) 800 IU of Vitamin E
- 3) 30 mgm of beta carotene
- 4) 100 mg. Co-Q-10
- 5) 1 mgm Folic Acid
- 6) 1000 micrograms of B12
- 7) 200 micrograms of selenium

All combined in
3 capsules per day
of Woodward's
Anti-Oxidant Plus



In addition:

One children's aspirin (not enteric coated)
Citracal + D (375 mgm calcium) - three per day

Even a well balanced diet will not get you the appropriate levels of these vitamins, which are anti-oxidants. These anti-oxidants remove oxygen free radicals from the body, which occur naturally as a by product of metabolism and can cause damage in cells leading to heart disease, cancer, and aging. The body also produces free radicals when exposed to sunlight, X rays, ozone, tobacco smoke, car exhaust and other environmental pollutants.

Large doses of beta carotene are not harmful, because the body converts only as much beta carotene to vitamin A as it can use. Taking too much Vitamin A as a supplement can be toxic. Instead, choose supplements in the form of beta carotene.

Baby aspirin provides cardiac protection, as well as 50% protection against colon cancer. Citracal provides calcium to help prevent osteoporosis.

ANTIOXIDANTS

Antioxidants remove oxygen free radicals. Vitamin C, Vitamin E, beta carotene, selenium, and Coenzyme Q-10 are antioxidants that we should all be taking daily. We should try to keep the major oxidant in our bodies (iron) reasonably low, meaning a serum ferritin between 10 and 40.

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ITEMS IN THE NEWS

Gynecologic and
General Medical

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 if you have time before I see you, so that we can further discuss whichever topic especially interests you.

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.



COENZYME Q-10

Coenzyme Q-10 is an oil soluble vitamin, very similar in structure to Vitamin E. It is an antioxidant and removes oxygen-free radicals in the same way as vitamins A (beta carotene), E, and C. There seems to be a particularly beneficial effect on heart and liver function. It is available in health food stores as Ultra Q 10 (100 mgm), one per day. When given to people with heart disease, the recovery of heart function can be dramatic, which is why in Japan, Sweden, Italy, Denmark, and Canada Coenzyme Q-10 is a conventional and widely prescribed heart medication. Worldwide, six international symposia have been held documenting not only its efficacy, but its almost astounding lack of side effects. In Japan alone, it is the treatment of choice for heart failure for millions of people. In the United States, CoQ-10 is not taken seriously by the medical community, very few of whom have even heard of it. Its future status here remains in question.