

Focus On Health

April 2013

It's not just the fat: there's another way red meat may harm the heart. It also contains a compound that toys with gut bacteria and can lead to clogged arteries. This compound is called carnitine. It can transform choline, a vitamin-B-group nutrient from the diet into trimethylamine N-oxide (TMAO) which forms potentially heart-stopping plaques. Read about it in TIME Magazine, April 8, 2013.



Night shifts are linked to increased risk of ovarian cancer, according to an article in the April issue of Occupational and Environmental Medicine. Previous work on breast cancer risk was similar – both due to interruption of circadian rhythm.

From Nature Reviews Neurology, March 2013. Salmonella toxin combats Alzheimer's disease in mouse studies and could help to address the growing unmet need for a disease-modifying treatment for AD.

A study at the Oregon Health Sciences University, Portland, Oregon, measured blood levels of 30 nutrients in 104 men and women with average age of 87 years. Brain size was analyzed by MRI imaging. High levels of B-complex vitamins (B1, B2, B6, folate, and B12) and vitamins C, D, and E, as well as Omega 3 fats were associated with better thinking, memory and brain size.

Vitamin D does not slow progression of knee osteoarthritis – source: Nature Reviews Dermatology, March 2013. The study was a 2-year trial in 146 patients, but blood levels were low (30) by the newer standard which is 80-120.

CHILL OUT ABOUT GLUTEN: Gluten is getting a lot of attention lately. Gas, bloating, and/or diarrhea may mean celiac disease due to gluten intolerance. But those symptoms can also mean lots of other things.

If you do have celiac disease, try eating fewer foods containing gluten before cutting them out completely. One can often tolerate a certain amount without any trouble. Quote from Dr. Robert Burakopp, Brigham and Women's Hospital in Boston.



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