

Focus On Health

QUARTERLY NEWSLETTER

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“I have a bruise...I’ll be fine!” Help to Heal a Little Quicker



You have probably noticed that, as you age, your skin has suffered in a number of ways. One of the most obvious is more frequent bruising that takes longer to heal than when you were younger. DerMend® Moisturizing Bruise Formula is a dermatologist-recommended cream that can improve the look of bruises you already have, plus it helps rejuvenate and restore the skin’s natural barrier. DerMend features ingredients proven to be

beneficial to your skin, like retinol, alpha hydroxyl acid, ceramides and arnica montana extract. Find it at: Walgreens, CVS, or WalMart.

HEART DISEASE & FATS UPDATE



An analysis of 72 published studies done by Cambridge University, United Kingdom, involving 643,226 subjects reported that trans fats were related to a greater risk of cardiovascular disease. However, saturated fats were not associated with either an increased or decreased risk of heart disease.

Raise Your Hand If You Can Name a Healthy Fat!

Build your healthy skin with diet: healthy fats are critical for healthy skin. The omega-3 fatty acids found in cold water fatty fish help balance inflammation in the skin, while a deficiency can lead to skin that is dry and flaky. Other good fats include the medium chain triglycerides in coconut oil and olive oil, which helps fight inflammation and protects against UV damage. Include a healthy fat in every meal. Source: The Ultimate Guide to Healthy Skin by Heather Pratt, MNT.



How Do You Deal With A Migraine?



Migraines Make Me Nauseous

The migraine community sees promise of a new class of drugs; optimistic for relief for millions of sufferers. They are called Calcitonin Gene-Related Peptide (CGRP) monoclonal antibodies. Check it out on the Internet. Source: American Headache Society, June 17, 2015.

A Dab of News About Vitamin D...

Higher blood levels of vitamin D appear to increase survival times for people with various types of cancer. These included lung, gastric, and prostate cancers, along with leukemia and melanoma. This from Shanghai, China.

Baby-Proof Your Home and Allergy-Proof Your Baby...



Allergy-proof your kids by keeping a dog or cat in the first years of life (*Clinical & Experimental Allergy*), breast feeding babies for the first 4 to 6 months (Christine Cole Johnson, Ph.D.), and feeding the child a spoonful of peanut butter 3 times per week when he or she starts on solids (recent British study).

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