

# Resveratrol Reduces Testosterone and DHEAS in PCOS (Polycystic Ovarian Syndrome)



Resveratrol, a natural polyphenol, reduced serum levels of both testosterone and dehydroepiandrosterone sulfate (DHEAS) in women with polycystic ovarian syndrome (PCOS), in a small double-blind study.

As reported in the *Journal of Clinical Endocrinology*: 1,500 mg of resveratrol, a natural polyphenol, was beneficial at lowering total testosterone levels by over 23%.

PCOS affects an estimated 5 million to 6 million women in the United States, is primarily characterized by hyperandrogenism and ovulatory dysfunction, and is considered the most common endocrine disorder of women of reproductive age.

Source: Medpage Today

*Journal of Clinical Endocrinology and Metabolism*

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# The Metformin and B12 Deficiency Connection



Do you have **diabetes** and experience tingling and pain in your hands or feet? Is it diabetic neuropathy or could you be suffering from B12 deficiency instead? The symptoms can mimic each other. Metformin is the first line pharmaceutical in the treatment for **Type 2 Diabetes** worldwide. The benefits of this drug have been established. However, a not often known fact is that it can cause malabsorption of vitamin B12.

Long-term use of metformin, as well as having a preexisting malabsorptive illness, can increase your chance of developing a deficiency. If you are on metformin, ask your doctor to check your B12 level annually. Taking sublingual B12 supplements or having an annual 1,000 mcg B12 injection can help prevent this risk. Taking calcium carbonate daily, 1200 mg, may also block the mechanism that is involved with the malabsorption.

**References:** Metformin-induced Vitamin B12 Deficiency

Presenting as a Peripheral Neuropathy

David S.H. Bell, MD

South Med J. 2010;103(3):265-267.

Age Ageing. 2006 Mar;35(2):200-1.

Metformin-related vitamin B12 deficiency.

Liu KW1, Dai LK, Jean W.

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## Metformin safe in Mild to Moderate Kidney Disease



Do you have diabetes along with mild kidney disease and your doctor had you stop Metformin but now finding your diabetes hard to control?

Good news – a recent review has shown that Metformin is safe in mild to moderate kidney disease.

Metformin is the first line drug treatment for Type 2 diabetes and is the only treatment shown to decrease your cardiovascular risk (risk of heart attacks and stroke) and over all one of the safest drugs for diabetes.

The current guidelines are conservative. Over 100 diabetes experts have signed a petition to the FDA to revise Metformins

prescribing guidelines.

Sources:

<http://news.yale.edu/.../popular-diabetes-drug-may-be-safe-pa...>

<http://www.medscape.com/viewarticle/771401>