

International Conference on  
**GASTROINTESTINAL CANCER AND THERAPEUTICS**

4<sup>th</sup> World Congress on  
**DIGESTIVE & METABOLIC DISEASES**

26<sup>th</sup> Annual Congress on  
**CANCER SCIENCE AND TARGETED THERAPIES**

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## **Anabolics in the diagnosis and treatment of cardiovascular disease**

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**C**ardiovascular Disease (CVD) includes atherosclerosis, coronary artery disease, myocardial infarction, and congestive heart disease. CVD is the cause of death of 50% of men usually 10-years earlier than that for women. Men have lower levels of testosterone when they suffer a heart attack, when they are found to have atherosclerosis, and when diagnosed with congestive heart failure. This is Gender-Specific Medicine, related to the man's key hormone, testosterone. Recent research finds that the addition of estradiol to men with a heart attack will lead to death in half in two years. Testosterone is good and anti-inflammatory. Estrogen is inflammatory and higher levels are potentially fatal for men. Endocrine disrupting chemicals (EDCs) act as manmade estrogens; observations of disruption of the Hypothalamic-Pituitary-Gonadal axis leads to lower serum total and bioavailable testosterone. With decreased levels of bioavailable testosterone, the Androgen and Estrogen Receptors are more saturated with xeno- and estrogens. Estrogens being inflammatory lead to cardiovascular diseases: biomarkers include the Free Androgen Index (FAI) and the Estrogen Receptor-beta/Estrogen Receptor-alpha. Five anabolic steroids are able to reverse the falling FAI and men experience not only the reversal of disease, reduction of the inflammatory biomarkers increase in ejection fraction and other improvements in the quality of life. Case reports include two patients who were able to avoid heart transplant and one elected not to use a heart assist device. Anabolic therapy is the physicians alternate to succumbing to environmental toxins, inflammation, disease, morbidity, and increased mortality.

### **Biography**

Edward Lichten is an obstetrician-gynecologist in Birmingham, Michigan and is affiliated with multiple hospitals in the area, including DMC Huron Valley-Sinai Hospital and Providence-Providence Park Hospitals. He received his medical degree from The Ohio State University College of Medicine and has been in practice for more than 20 years. He is one of 39 doctors at DMC Huron Valley-Sinai Hospital and one of 73 at Providence-Providence Park Hospitals who specialize in Obstetrics and Gynecology.

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