

Clarity of Health *By ASK Dr.T*



Are Natural Hormones For Women Safe???

“My doctor told me to get off bio-identical hormones. He said they're unregulated, there are no studies to prove they are effective and they can cause cancer!”

Unfortunately, I have heard this time and time again from my patients. Yet that same doctor has no qualms writing prescriptions year after year for birth control pills, antidepressants and other prescription drugs that have significant side effects.

Natural bio-identical hormones obtained from compounding pharmacies are regulated by state laws.

There are hundreds of studies both here and published in Europe on bio-identical hormones.

And remember, bio-identical hormones are not drugs and their actions

have been researched and documented for decades and referenced in textbooks of physiology and endocrinology; required reading for all medical students. So I ask you, why do you even need a study on something that has already been proven and is taught year after year in medical school???

On the other hand, synthetic hormones like Premarin, Estratest and birth control pills are drugs, not hormones and need to be tested extensively.

Did you know that the below list of hormones are also bio-identical???

- Melatonin
- T4 & T3 Thyroid
- Growth Hormone
- Insulin
- Vitamin D3
- Aldosterone

And the list goes on. There are many success

Saliva Testing for Hormones

- *More accurate than blood*
- *Multiple Snapshots*
- *Measures Free Hormone Levels*



stories with bio-identical hormones.

Even more important than going to a physician that specializes in natural hormone replacement is to do your own homework. For example, the Women's Health Initiative (WHI) showed that there was a slightly lower incidence of breast cancer in women who were on Premarin compared to the women who were on no HRT. The group of women that had the highest incidence of breast cancer were on Prempro, a synthetic progestin. Unfortunately, people including doctors (*cont'd on back*) only listen to the news and don't go to the source.

Now, let's talk about the

Signs & Symptoms of Menopause

- Hot flashes
- Night sweats
- Vaginal dryness
- Anxiety
- Mood swings
- Irritability
- Insomnia
- Depression
- Flatulence
- Indigestion
- Osteoporosis
- Aching ankles, knees, wrists, shoulders, heels
- Hair loss
- Frequent urination
- Snoring
- Sore breasts
- Skin feeling crawly
- Migraine headaches
- Memory lapses
- Weight gain
- Loss of sexual interest
- Hair growth on face
- Painful intercourse
- Panic attacks
- Weird dreams
- Urinary tract infections
- Vaginal itching
- Lower back pain
- Bloating
- Palpitations
- Varicose veins
- Urinary leakage
- Dizzy spells

The Other Half: Men & Declining Testosterone Levels

Male menopause or andropause is the progressive “natural” decline of testosterone with age. By age 50, testosterone levels are 50% what they were at 25 years of age. By age 70, they are 10%.

Signs and symptoms of low testosterone include loss of energy, drive and

competitive edge, loss of mental focus, depression, mood changes, irritability, loss of muscle mass, falling level of fitness, and last but not least, reduced libido.

Besides age, the following can affect testosterone levels:

1. STRESS

2. Low thyroid function

3. Poor nutrition (standard American diet)

4. The more body fat you have, the higher your estrogen levels and the lower your testosterone.

5. Prescription medications - like NSAIDS, antibiotics, anti-



Are Natural Hormones For Women Safe??? (cont'd)

benefits of bio-identical Hormones.

Estrogen by itself has over 400 functions in the body. It prevents memory loss, heart disease, osteoporosis, Alzheimer's, cataracts and colon cancer. Estrogen improves sleep, increases metabolic rate, lowers cholesterol, decreased blood pressure, improves mood, increases concentration, increases sexual interest... need I say more?

Progesterone helps balance estrogen, also improves sleep, has a natural calming effect, helps you use and eliminate fats, may be protective against breast cancer, increases metabolic rate and is a natural antidepressant.



Testosterone, the third sex hormone in women, increases sexual interest, decreases body fat, helps maintain bone strength, helps maintain memory and increases sense of emotional well being.

If there was a drug that could do all that, it would be a blockbuster!

And remember, the key is balance. All your hormones have to be tested periodically and balanced for optimal effect.

One last thought. Did you know that a study came out three years ago that showed the more



antibiotics a woman takes, the higher her likelihood of developing breast cancer? Do you hear your doctor telling you "Get off those antibiotics, they cause cancer!" No? Why not?

References:

- HRT: The answers by Dr. Pam Smith
- JAMA. 2004;291:827-835
- Guyton: Textbook of Endocrinology & Physiology

The Other Half: Men and Declining Testosterone Levels (cont'd)

depressants, cholesterol lowering medications, blood pressure medications will increase estrogen levels and lower testosterone.

How to Increase Testosterone:

1. Fix the above list!
2. Take anabolic nutrients like krill oil, carnitine, glutamine, creatine and whey protein.
3. Increase your muscle mass through resistance training (not aerobic).

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4. Sleep eight hours.
5. Lower alcohol consumption.
6. Replace testosterone using a bio-identical transdermal source or improve testosterone production with human chorionic gonadotropin (HCG) under the supervision of an experienced anti-aging physician.

True or False: Testosterone

replacement puts you at increased risk of prostate cancer. **False!** It's not testosterone but estrogen levels that cause an increased risk for prostate cancer. Estrogen levels must be monitored and can be lowered naturally with supplements and diet.

As men age, testosterone levels drop & estrogen levels rise. How many 25 years olds get prostate cancer???

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◆ Dr. Topouzian focuses his energies on seeking out the **Root/Underlying Cause** of a patient's complaints & utilizes **Bio-identical Hormones**, Pharmaceutical Grade Nutrients from compounding pharmacies as well as utilizing Science Based treatment options.

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The New Approach To Medicine:

Anti-Aging Medicine is a medical specialty aimed at the early detection, prevention, treatment & reversal of age related decline.

Functional Medicine is a science-based integrative approach that treats illness & promotes wellness by focusing on the bio-chemically unique aspects of each patient & then individualizing treatment to restore balance.

