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Natural Hormone Replacement Therapy (HRT)

by
REJUVENATION
www.rejuvenation.net Preventative & Integrated Medicine
Adding Life to Years

Many women taking conventional HRT feel they are faced with only two options:

Continue to take the synthetic hormones and hope for the best, or Stop taking hormones and possibly experience unpleasant symptoms

such as hot flashes, vaginal dryness, bloating, forgetfulness, mood swings, night sweats, irritability, breast soreness and weight gain, to name a few.

A third choice you may not be aware of is Bio-Identical HRT.

This therapy differs from conventional HRT in several ways.

Bio-Identical HRT:

1. Uses hormones with the same structure as the hormones produced by the human body. Synthetic hormones, on the other hand, have the structure appropriate for horses, with only approximately 30% identical to human hormones.
2. Bio-Identical HRT is prepared by a compounding pharmacist once a qualified prescribing physician or practitioner has met with the patient to do a complete health intake and proper labs to determine the correct diagnosis and course of treatment. Proper lab testing including both Blood Serum and Saliva is the most accurate measurement to ensure everything has been properly analyzed or ruled out. Saliva testing alone will not accurately determine the best course of treatment but offers a good baseline and comparison to blood serum.
3. Rejuvenation Bio-HRT is individualized or customized to each person's needs, symptoms, hormone levels and adjusted periodically in accordance to follow up testing and the practitioners' course of treatment.
4. Bio-HRT is prepared in accordance to the patients needs and Practitioners recommendation in a dosage form, (ie: troche, capsule, cream, injection or suppository).



You should be aware of all the options. Whether you're looking for relief caused by hormone imbalance or trying to decide if you should continue to take the hormones you've been taking, the staff at Rejuvenation can provide more information about the option of Bio-identical HRT. Rejuvenation can determine which bio-identical HRT is right for you.

Along with the symptoms associated with hormone imbalance Rejuvenation also ensures that the patients Thyroid and Adrenal function is at its optimal level. We are seeing more and more patients with various adrenal fatigue syndromes that are going undetected and untreated. The truth of the matter is, most conventional physicians just don't treat these issues proactively. Rejuvenation takes a proactive approach in treating these issues and the patients are seeing and feeling the difference.

Estrogen and Improved Memory

A recent study in the **Journal of the American Medical Association** found that post-menopausal women who take estrogen replacement therapy (ERT) have increased brain function and memory retrieval patterns. The activity that was observed is similar to that seen in the brains of younger women. While women were receiving ERT, magnetic resonance imaging (MRI) of their brains was obtained as they performed nonverbal memory tasks. The parts of the brain where increased activity was observed are associated with types of memory function that are required many times each day, such as recalling telephone numbers. If you are interested in receiving the benefits of hormone replacement therapy, but frightened by the risks, ask our staff about the various options and safe treatment plans, not to mention the wonderful results we see day in and day out.



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Some of the most commonly used Bio-Identical Hormones are:

ESTRONE (E1)

Estrone (E1) is the estrogen most commonly found in increased amounts in post-menopausal women. The body derives it from the hormones that are stored in body fat. Estrone does the same work that estradiol does, but it is considered weaker in its effects.

ESTRADIOL (E2)

Estradiol (E2), the principal estrogen found in a woman's body during the reproductive years, is produced by the ovaries. Estradiol is very effective for the symptomatic relief of hot flashes, genitourinary symptoms, osteoporosis prophylaxis, psychological well being and the reduction of coronary artery disease. Because it is much more potent than estrone, it can be more effective for symptomatic relief than estrone. When Estradiol is replaced using a parenteral (sublingual, percutaneous, or transdermal) route, it is not subject to first pass metabolism by the liver, and therefore

does not produce high levels of Estrone. Using these routes of administration a woman can mimic the physiologic release of estradiol from the ovaries, thus receiving natural hormone replacement

ESTRIOL (E3)

Estriol (E3) is the weakest of the three major estrogens. In fact, it is 1000 times weaker in its effect on breast tissue. Estriol is the estrogen that is made in large quantities during pregnancy and has potential protective properties against the production of cancerous cells. Estriol is the estrogen most beneficial to the vagina, cervix and vulva. In cases of vaginal dryness and atrophy, which predisposes a woman to vaginitis and cystitis, topical estriol is the most effective and safest estrogen to use. Because of this Estriol is better than Estradiol for the treatment of urinary tract infections. Estriol is not available in most drug stores, although it has been used widely in Europe for over

fifty years. Because estriol cannot be patented it does not hold much interest for the pharmaceutical industry. Its availability through medical clinics like Rejuvenation and compounding pharmacies has caused its use to grow rapidly throughout the country.

Bi-est

Bi-est is a combination of two estrogens: Estriol and Estradiol. It is most commonly found in a ratio of 80:20, estriol to estradiol. This combination allows for all of the protection of estriol while providing the cardiovascular and osteoporosis benefits along with the vasomotor symptom relief of estradiol.

Tri-est

Tri-est is a combination of three estrogens, estriol, estradiol and estrone. It is most commonly found in a ratio of 80:10:10, estriol, estradiol, and estrone, but it takes a skilled practitioner to properly prescribe

Commonly Used Bio-Identical Hormones Continued...

correct dosages for the compounding pharmacy. This combination is very popular and contains all of the three major circulating estrogens. It is slightly weaker in its effect when compared to Bi-est. However, this can be compensated for by increasing the strength or by slightly changing the ratios.

PROGESTERONE

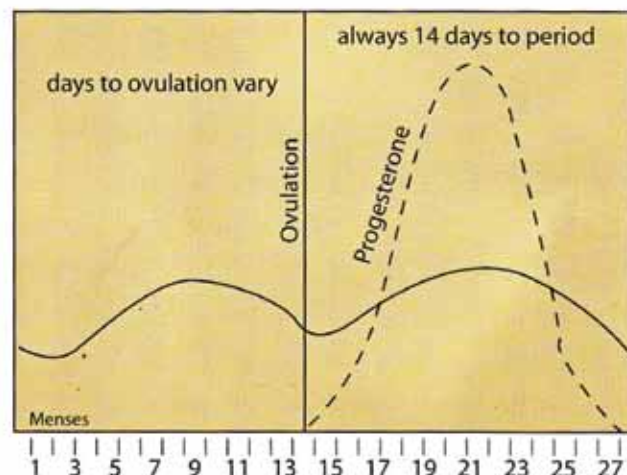
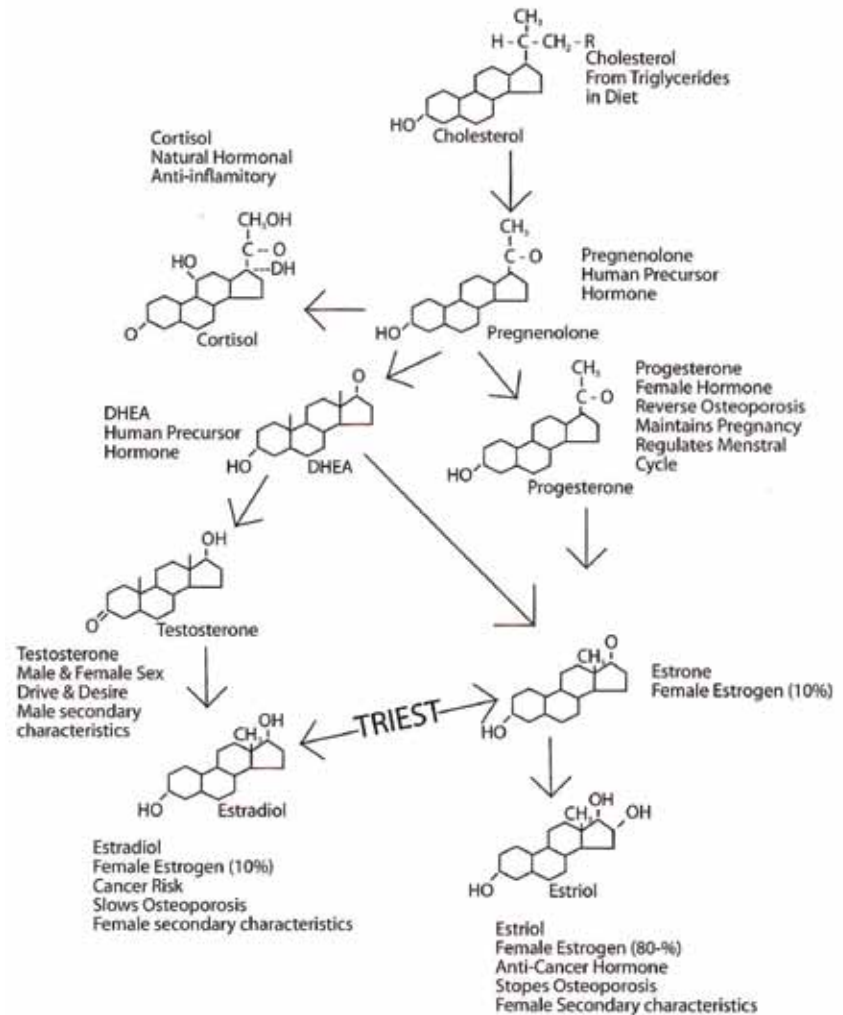
Progesterone is produced by the ovaries and the adrenal glands in women and, in smaller amounts, in the testes and the adrenal glands in men. One of its most important functions is in the female reproductive cycle. Progesterone prepares the lining of the uterus for implantation of a fertilized egg, and then helps to maintain it during pregnancy. If pregnancy does not occur it signals the uterus to shed this lining. Progesterone also plays an important role in brain function and is often called the 'feels good hormone' because of its mood enhancing and antidepressant effects. Optimum levels of progesterone can mean feelings of calm and well being, while low levels of progesterone can mean feelings of anxiety, irritability and even anger. Current research shows that progesterone may play a role in the maintenance of the nervous system, the sense of touch, and motor function.

TESTOSTERONE

Testosterone – Usually considered a male hormone or androgen, women also produce testosterone although in much smaller amounts than men do. Testosterone works differently in the bodies of women than men, but it plays a very important role in the overall health and well-being of both sexes. Often called the 'hormone of desire' because of its powerful effect on libido, testosterone is also important in building strong muscles, bones, and ligaments as well as increasing energy and easing depression. Low levels of testosterone have been known to cause fatigue, irritability, depression, aches and pain in the joints, thin and dry skin, osteoporosis, weight loss and the loss of muscle development. As with all of the hormones, testosterone must be dosed properly to be effective without causing unwanted side effects. The dose in women is generally one-tenth that used in men. Because testosterone is not effective when it's taken orally it is usually prescribed as a topical gel, cream or injection. Although testosterone was discovered more than sixty years ago, only very recently have we begun to fully understand and appreciate the power of testosterone.

The Natural Human Hormone Pathway

This chart shows the pathway of natural human hormones in the body. The body creates cholesterol out of triglycerides in our diet, and by manipulating functional groups, creates the hormones that it needs. A deficiency or metabolism problem anywhere in the chain can affect the availability of hormones further down the chain. It is important to note that these hormones are present in both men & women, but the quantities vary (men with more testosterone, women with more estrogen & progesterone.)



HORMONE REPLACEMENT FACTS

1. The most commonly prescribed hormones in the hormone replacement therapy (HRT) are estrogens and progesterone or a synthetic derivative.
2. After menopause, estrogen and progesterone levels in the body drop significantly.

A survey of nationally representative sample of 1,009 women aged 40 and older conducted by Yankelovich Partners in the Spring of 1998 produced the following information.

- 64% of women did not know or were not sure what hormones were affected as a woman enters menopause (92% did not know how progesterone levels changed)
- While 52% of women considered themselves knowledgeable of the hormone estrogen, only 30% know about progesterone, and only 14% name progesterone as a common HRT component.
- 79% of women who consulted a doctor for menopause related issues said their doctor did a good job explaining HRT, but nearly half said they were still not sure which hormones were prescribed.

TOP REASONS WOMEN SHOULD TAKE HRT

- To alleviate menopausal symptoms (hot flashes, night sweats): 35%
- For the overall benefits, including health benefits: 25%
- To help prevent osteoporosis: 20%

HOW WOMEN CHOOSE AND HRT REGIMEN

- Recommend by their doctor: 89%
- Fewer or less severe side effects: 87%
- Similar to their own body's hormones; 83%
- Natural or plant-based: 72%

Synthetic hormones and hormones derived from animal sources are not identical to those found in the human body, and therefore side effects are likely to occur. Rejuvenation works together with patients and pharmacies to provide natural, bio-identical hormone replacement therapy with minimizes the risk of side effects.

TODAY'S WOMEN PREFER NATURAL BIO-IDENTICAL HORMONES

In a survey of nationally representative sample of 1,009 women aged 40 and older, 83% said they would prefer to use hormones that are similar to their own body's hormones. Bio-identical hormones include estrone (E1), estradiol (E2), estriol (E3), progesterone, testosterone, dehydroepiandrosterone (DHEA), and pregnenolone.



BENEFITS OF NATURAL BIO-IDENTICAL HRT

- Fewer side effects versus synthetic derivatives
- Protection against heart disease
- Reduced risk of breast cancer
- Improved Cholesterol and lipid profile

GOALS OF NATURAL BIO-IDENTICAL HRT

- Alleviate the symptoms caused by the natural decrease in production of hormones by the body.
- Give the protective benefits which were originally provided by naturally occurring hormones.
- Re-establish a hormonal balance.

Learn More about Natural Hormone Replacement Therapy

Hormone Replacement Therapy needs to be carefully initiated after a woman's personal history, family history, and current medical situation are reviewed. Every woman is unique and will respond to therapy in her own way; therefore the selection of hormone(s), dose, and dosage form should be specific to each patient. Close monitoring is important to ensure proper dosage adjustments and avoid unnecessary side effects.

Rejuvenation offers to its patients with concerns or questions about Natural Hormone Replacement Therapy private consultations with Shawn Snider, CNP and James Porter.



James Porter, COO

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Does HRT Increase Your Risk of Breast Cancer?

An article published in the January 26, 2000 issue of the Journal of the American Medical Association has created considerable confusion for patients and physicians alike, due to its failure to delineate between synthetic and natural bio-identical hormones, the article states that estrogen and progestin, prescribed to decrease the risk of endometrial hyperplasia, actually increase the risk of breast cancer. However, in the study, the "primary type of estrogen used was conjugated estrogens and the primary progestin was medroxyprogesterone acetate." This article may have caused unnecessary alarm for physicians and their patients who receive natural (bio-identical) hormones.