



Bioidentical Hormone Replacement Therapy

Points/Quotes from Articles

1. Over the last decade, research-based media have reported the risks associated with conventional HRT. This has prompted women's concerns and altered the approach to hormone use. This has been most evident following the results of the WHI study in 2002. The WHI study led to the conclusion of experts in the field that the risk of using conventional HRT (synthetic hormones), specifically Premarin and Provera, outweighed the benefits provided.⁵
2. In a comparison of bioidentical versus synthetic estrogens; synthetic estrogens had significantly exaggerated responses across multiple hepatic and non-hepatic measures of estrogenic effects.⁵
3. "Bioidentical" are identical in chemical structure (and thus in effect) to the hormones produced by the human body, regardless of their sources.¹
4. Bioidentical hormone replacement uses hormones containing the exact molecular structure as hormones made in the body. These hormones are chemically indistinguishable from endogenous hormones and exert the same physiological response as endogenously produced hormones in the body.³
5. Bioidentical hormones are customized to each woman according to her particular hormonal variations. The goals of BHT are to relieve menopausal symptoms and restore hormone balance.²
6. Contraindications to BHT include unexplained vaginal bleeding, pregnancy, past history of breast or endometrial cancer, past history of venous thromboembolism (VTE), family history of perimenopausal breast cancer, hypertriglyceridemia, chronic liver disease, or gallbladder disease.²
7. BHT is not contraindicated in the presence of endometriosis, fibrocystic breast disease, hypertension, mastalgia, migraines, obesity, tobacco use, or uterine fibroids.²
8. By using a formulation that closely mimics a women's hormone production, we can reduce the incidence of side effects if used properly.³
9. Anecdotally, authors have reported several benefits associated with BHT: Reduced osteoporosis and restoration of bone strength, reduced hot flashes and vaginal dryness, better maintenance of muscle mass and strength, improved cholesterol levels, reduced risk of endometrial and breast cancer, reduced risk of depression, improved sleep, better mood, concentration and memory, improved libido, and fewer side effects than with synthetic hormones.²
10. The occurrences and severity of menopausal symptoms decreased significantly after beginning bioidentical hormone replacement therapy. Before treatment, moderate-to-severe symptoms of hot flashes, night sweats, sleep problems, dry skin/hair, vaginal dryness, foggy thinking, mood swings and decrease in sex drive were reported in 52% to 70% of the women.⁴
11. Hormone therapy is effective in treating menopausal symptoms. Recently, bioidentical estradiol therapy at low dosage has been proposed as an alternative to standard hormone therapy. Percutaneous administration of estradiol enables the creation of a hormonal milieu similar to that of the follicular phase. One FDA approved percutaneous estradiol gel delivers estradiol to the bloodstream evenly over time in a nonirritating, painless, and well-accepted manner.⁶
12. The difference in the actions, risk, and benefits of various hormones depend on numerous factors, including method of administration, absorption, bioavailability, metabolism, receptor affinity, receptor specificity, and molecular structure.⁵

References

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