



# Natural Hormone Replacement Therapy Using Bio-identical hormones By Patricia Peters D.O.

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## About ME

- 30 years in Medicine
- 20 years as a physician –Board Certified in Family Practice
- 17 years doing Obstetrics
- Associate Clinical Professor at Michigan State University
- Program Director for the Macomb Center for Henry Ford Family Practice Residency
- Fellowship Training in Anti-aging Medicine with the American College of Anti-aging and Integrated Medicine
- Clinical Educator Program at Michigan State University

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## What Hormones should we Replace? FOR WOMEN

- Estrogen
- Testosterone
- Progesterone
- DHEA
- HUMAN GROWTH HORMONE
- MELATONIN
- Thyroid

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## What Hormones Should We Replace? For Men

- Testosterone
- DHEA
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- Melatonin
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## How Do We Replace the Hormones??

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- What age did we have our best hormone balance?

**AGE 25-30**

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## What is Traditional Medicine?

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- Treat disease! – And overall Physicians do it well
- Only Replace hormones at the level of the average age the patient is at
- Example --- IF YOU ARE 50 REPLACE FOR AVERAGE 50 YEAR OLDS ---
- Do you want to feel like your age or a healthy 25-30 year old?

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## Biologically Identical Hormones VS Natural Hormones

- Biologically identical hormones are natural to the human body; they may be found in nature or synthesized, and possess an identical make-up and function
- Natural hormones are hormones produced by Mother Nature; such as Cow (bovine) or Horse (equine) Hormones; that may or may not be natural to the human body.

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## Menopause for Women Decreased hormone levels of

- Estrogen
- Progesterone
- Pregnenelone
- DHEA
- Thyroid
- HGH – Human Growth Hormone
- Melatonin
- Insulin
- Testosterone

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## Andropause in Men

### Decreased Hormone levels of

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- Testosterone
- Pregnenelone
- DHEA
- Thyroid
- HGH – Human Growth Hormone
- Melatonin
- Insulin
- Estrogen

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## What does all this mean to you?

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## AGING

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- Wrinkling, sagging skin
- Thinning and/or graying of hair
- Loss of muscle
- Increase in fat
- Decreasing, or loss of, memory (Dementia)
- Arthritis
- Pain
- Depression
- Fatigue
- Heart Disease
- Decreasing libido
- Diminishing immune Capabilities
- Slower healing

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## A tidal wave of the aged in America

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- In 1999 the estimate of persons age 60 and older was nearly 800 million and is projected to grow to almost 2 billion by 2050.
- This projection makes older people outnumbering Children (0-14) for the first time in human history.

(UN population division, Dept. of Economic & Social Affairs, 1999)



## Life Expectancy

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- Average life expectancy at birth is 79 years for women, and 72 years for men.
- Seven out of ten “baby Boom” women will outlive their husbands --- many can expect to be widows for 15 -20 years.

(Administration on Aging, US Dept. of Health & Human Services 2000)



## Leading causes of Death

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- Heart Disease
- Malignant neoplasm's
- Cerebrovascular diseases
- Chronic Obstructive Pulmonary diseases
- Pneumonia & Influenza
- Diabetes Mellitus
- Motor Vehicle Accidents
- Suicide
- All other accidents
- Congenital Anomalies
- Chronic Liver Disease/Cirrhosis
- Nephritis & related syndromes
- Septicemia
- Perinatal originating conditions
- AIDS
- Homicide

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## What can be done?

- Option A – Grow old gracefully. Accept all the aches, pains, diseases....and from the comfort of your wheelchair, watch someone else run down the beach?
- Option B – Take advantage of modern medical knowledge. Restore optimal hormonal output, modify diet, exercise – and let others watch you run down the beach.

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## What do you do?

- Prozac  
Hormones not only for physical health but also mental well-being
- Effexor  
Masking symptoms of aging – WHY???

WHY NOT DEAL WITH CONTRIBUTING CAUSE?????

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## What should really be done?

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- If we have healthy hormones at age 25  
WHY WOULD WE NOT WANT OUR LEVELS TO REMAIN AT THE LEVEL OF A 25 YEAR OLD?
- If we know the biochemistry of the hormones we make  
WHY WOULD WE NOT WANT THE EXACT "BIO-IDENTICAL" HORMONE FOR REPLACEMENT?

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## Hormone Replacement is not new

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In the 1930's Dr. Voronoff investigated Hormone Replacement. In 1966 Dr. Robert Wilson wrote a best seller on the virtues of estrogen replacement.

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## The top 3 hormones that have been prescribed

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1. Premarin
2. Synthroid
3. Provera

THE PROBLEM IS THAT ALL 3 ARE "NOT"  
NATURAL TO THE HUMAN BODY!!!

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## Myths about Testosterone Replacement

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- 1. You get muscle bound
- 2. You will get personality changes
- 3. Increase cancer risks
- 4. It is addictive

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## The “truth” about Testosterone Replacement

- 1. It will increase a man's lifespan
- 2. Decreases Incidence of Heart Disease
- 3. Decreases Cholesterol Levels
- 4. Boosting HDL levels and dilates arteries

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## Lets examine Premarin

- Derived from **PRE**gnant **MAR**ies **uRIN**e contains equine (horse) estrone, not the human estradiol or estrioles that your body actually needs
- Many adverse effects – better than nothing
- Not for the discriminating, modern patient
- 65,000 young horses slaughtered annually for the industry

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## What about Provera?

- Synthetic Progestin --- not a Human progesterone
- Many side effects
- Does not affect in any measurable way your human progesterone levels

**Physicians often confuse the synthetic progestins with natural progesterone. The brand of Medroxyprogesterone acetate called provera is often mistakenly called progesterone**


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## Here's a major drug ---- with a major "problem" Synthroid

- Synthetic T4 – and only T4,
  - Contains no T3 – 10X more active
- Synthroid's manufacturer was recently fined billions \$\$\$ by the FDA for falsification of the research documents 25 years ago; misrepresentations discovered too late, Synthroid is now used almost exclusively in the USA

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Why would major drug companies produce drugs or products that are synthetic or that have adverse side effects?

- 1. MONEY!!!!!!!!!!!!


Natural biologically identical human hormones ARE NOT patentable by drug companies!!

*NO PATENT=*

*NO PROPRIETARY PRODUCTS=*

*NO PROFIT!!!*

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Why would major drug companies produce drugs or products that are synthetic or that have adverse side effects?

- 2. MONEY


To acquire and protect "market share" they make synthetics and then heavily promote their use by the medical community and the general public. Large market share ensures

***HIGH VOLUME MANUFACTURING=***

***ECONOMY OF SCALE=***

low per unit material and labor costs = high profit!

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Why would major drug companies produce drugs or products that are synthetic or that have adverse side effects?

- 3. MONEY

Many of the Fortune 500 Companies are pharmaceutically based. Back in the mid 1960's the pharmaceutical industry contributed over 1.3 million dollars to promote estrogen replacement drug –

***PREMARIN***

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## BENEFITS OF NATURAL HORMONES

- Remember how you felt when you were 25-30?
- Identical to what the human body makes
- Derived from natural sources (plants) or recombinantly DNA designed (Human Growth Hormone)
- No side effects if taken properly and levels are kept within normal range

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## Natural Estrogens

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- Identical to the three major estrogens your body manufactures
- Easy to take
- Makes skin softer and more youthful
- Completely ends hot flashes

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## Natural Estrogens

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- Maintains Bone Density
- Increases Hair and Nail thickness and growth and emotional well being.
- Decreases Body Fat, Cholesterol and heart disease risk.
- Decreases Dementia risks (75% in some studies)

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## Natural Progesterones

- Protects against osteoporosis, heart disease, uterine and breast cancer
- STOPS majority of female migraine headaches
- Dramatically decreases PMS symptoms
- Increases sexual libido dramatically
- Offsets estrogen effects
- Decreases body fat

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## Natural Thyroid

- Has T4, T3 and various thyroid enzymes you need (T3 is the active hormone)
- Experience shows dramatic improvements in fatigue over Synthroid in most patients
- Less expensive than SYNTHROID
- Great for Thyroid Insufficiency (low thyroid)!

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## More about Thyroid

- Softens skin and makes it more youthful
- Reduces wrinkles
- Thickens nails
- Increases metabolic rate(increases energy)
- Powers the immune system
- Major side effect – WEIGHT LOSS (illegal to give solely for weight loss program)

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## Natural Testosterone

- Cream applied daily
- Easy to use
- Increased thinking/cognitive skills
- Increased decision making
- Increased libido
- Marked increase in muscle mass
- Marked decrease in body fat
- Increased well-being

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## Human Growth Hormone promotes....

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- Marked increase in hair thickness & growth.
- NIH Study (ongoing) shows decrease in body fat; increase in muscle mass (over one year)
- Improvement in arthralgia and arthritis symptoms
- Increased cardiac output
- Increased exercise tolerance

THE HEALING HORMONE!!!!!!

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## Other things to consider.....

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- ❖ Other Hormones
- ❖ A good multi-vitamin is necessary and MORE!!!

New Product – Protandim!!

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## Like a proper, balanced diet

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- Low glycemic index diet is critical!!!

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## All this must be done PROPERLY!!

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- **The diagnosis must be correct**
- **The right medications and vitamins must be prescribed**
- **Lab work must be done in order to determine and optimize hormone levels**
- **To protect your health, other blood levels must be followed to ensure an efficacious therapy**
- **The correct diet must be prescribed**
- **An appropriate exercise program must be followed**
- **Hormone Replacement Therapy can start at age 40 and above (in some cases even younger)**

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## How the Hormone Replacement Therapy Program Works

- Physician evaluates patient – history and exam or records orders lab and writes Bio-Identical Hormones prescriptions gives recommendations on diet and supplementations
- Lab is done by patient and Physician receives results and analyzes the results
- Adjustments if needed are called to patient
- 6 weeks a follow-up with patients and recheck lab
- If lab is adequate then Yearly follow-up and Scripts till next yearly appointment.

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## How long before you notice any difference?

- Within days, most patients notice a vast improvement. Obviously, for continued improvement and maintenance,  
***HORMONE REPLACEMENT THERAPY***  
becomes a life-long program

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## The future looks bright, and the time is right!

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- Ever wonder when you'll get the time and energy to do all the things you really want to do with your life?
- There has never been a better time than ***NOW*** for you to experience all the benefits of Hormone Replacement Therapy!

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## Very Bright Indeed!!

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- Hormones are getting better and better, as are our laboratory techniques and capabilities. Ongoing studies are continuing to show that natural hormones are far superior to synthetics.

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## Advice on Hormones

- Medicine, just like any other profession, has areas of specialty. No one physician can totally understand every specialty. HRT is a specialty; and many physicians lack the training to render a truly competent second opinion. Many physicians, get into a rut or groove, and develop “comfort zones” for their practice, of course, malpractice risks often tend to make physicians stick with the conservative and often outdated status quo! Additionally, there is still much inaccurate information about HRT within the medical community – some physicians are simple WRONG! Believing Hormones will cause cancer when just the opposite has been validated by research! STUDY THE FACTS ----
- ***IF YOU HAVE QUESTIONS SECURE A COMPETENT SECOND OPINION; THEN DECIDE FOR YOURSELF IF HRT IS FOR YOUR!!!***

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## Do you think of the costs – or consider the benefits?

- Obviously, nothing is free. But all the benefits of HRT are surprisingly affordable! Even though many insurance companies consider HRT “cosmetic or preventive” Medicine and don’t provide applicable coverage – you can still afford our program!

***Why not invest in a younger more vigorous BODY?!***

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## Conclusion – What Hormones do I need?

### “Based on Lab”

- Estrodiol
  - Free Testosterone
  - DHEAsulfate
  - Progesterone
  - TSH and Free T3 ,Free T4
  - Fasting Insulin
  - IGF -1
- Other Lab will be individualized to the Patients

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## Life is a Beach!



*Put yourself in  
the picture by  
being the  
picture of  
your  
maximum,  
youthful  
potential!*

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## What is the Cost?

### If Hormone Replacement is the only Item

- Office Visit – Initial - \$275 – You will be examined, 1 hour consultation, Lab ordered, Hormone prescription based on history and exam, Lab reviewed and Hormone Adjustment
- Follow-up – \$100 –30 minutes-- 6-8 weeks – Exam – and Lab reordered – If Lab is optimal you are good for one year before next visit

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## VIRTUAL OFFICE VISITS

- Questions and Routine follow-up
- Not designed for emergency
- Available within 30-60 days (August 2009)
- Seeped conferencing will be available with the Virtual Office Visits

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