

IHHS Health & Wellness Center

1607 South H Street, Bakersfield, CA 93304
Hormonal, Homeopathic, & Nutritional Services
Office (661)-837-0453 FAX (661)-837-0560
Website: YourHomeopath.org

Benefits of Estrogen Replacement

Bone

Prevention of Osteoporosis and bone fractures.

Treatment should be initiated at menopause and not 4 to 5 years later to be most effective. It should also include the use of progesterone and weight bearing exercise.

Heart

Prevention of heart disease by increasing HDL and heart tissue health

Prevention of Coronary Artery disease including long term survival with cardio-protective effects

Brain

Facilitate dendrite development that correlates with memory function and cognition

Protect against cerebral inflammation in peripheral and cerebral arteries

Provides a 40% to 60% rate reduction in risk of Alzheimer's Disease

Bowel

Prevention of colon cancer /duration of therapy increases protective effects

Genitourinary

Reduction of genitourinary/vaginal tissue breakdown and decreased mucous secretion

Eye

Protection of ocular dysfunction including acuity, dryness, and macular degeneration

Teeth

Protection of tooth loss

Life

Increased life expectancy from all of the above

Estrogen replacement could prevent 10,000 deaths in women age 50 to 75

Only 30% of women use hormone replacement

20 to 30% of women never fill their first hormone prescription

49.9% of women feel hormone replacement is unnecessary

WHAT DO YOU THINK?

Additional interventions for increased health

Control calories, fat, and sugar intake, eating a well balance diet

Normalize weight, control lipid levels, stop smoking

Take calcium for bone health every day

Take a therapeutic multiple vitamin daily

Take essential fatty acids like evening primrose, flax, and/or, fish oil daily

Data from Health Hormones and Happiness; Creating Wellness for Midlife and Beyond by Johns Hopkins School of Medicine

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Natural (Bio-Identical) Estrogens Patient Information Sheet

Medication

Your medication may contain one or a combination of the following natural estrogens: Estriol, Estradiol, and Estrone. These hormones are identical to the hormones, which are produced in significant amounts in the human body, primarily by the ovaries in women. Estrogens are responsible for the development and maintenance of the female reproductive system, secondary sex characteristics, favorable effects on blood cholesterol and lipid profiles, slowing the progression of osteoporosis, as well as causing the proliferation of the endometrium.

Use

Natural Estrogens are used for replacement therapy in the peri-menopausal, menopausal, and post menopausal women for the treatment of symptoms of low estrogen levels. These symptoms include vasomotor symptoms (hot flashes, night sweats), irregular menses, mood swings, vaginal dryness, burning, and itching. Estrogens are also used in the treatment of a variety of other conditions associated with a deficiency of estrogen hormones, including female hypogonadism, ovarian failure, or ovariectomy (removal of an ovary). Other uses include ischemic heart disease, Alzheimer's Disease; improving blood lipid profile, and maintaining bladder function. Estrogens can also be used for breast cancer treatment in selected post-menopausal women, in prostate cancer in males, and in combination with Progesterone for ovulation control in prevention of, or leading to, conception. Topical estrogen therapy has been used for reduction of wrinkles and skin softening effects. Topical estrogen does not significantly affect sex hormone binding globulin, thereby not altering testosterone blood levels. Topical estrogen also allows a 20% increase in IGF-1 the primary metabolite of HGH. This will allow for less fat storage, increased use of fat for energy, and increased muscle which all relate to anti-aging processes. Thierry Hertoghe MD recommends a blood level of 80 to 120. He also states that the use of indole 3 carbinol found in cruciferous vegetables pulls estrogen down a benign non-cancerous breakdown pathway. It may be wise to include these foods in your diet.

Side Effects

Side effects of Estrogen therapy include nausea, stomach upset, bloating, headache, dizziness, and lightheadedness. These effects may be temporary and self limiting. Other adverse reactions, usually from higher doses may include breakthrough bleeding, breast swelling, breast pain, fluid retention, weight gain, mood swings, depression, decreased libido, increased risk of gall bladder disease, increased risk of thromboembolic disorder, and increased risk of breast and uterine cancer. Do not use Natural Estrogens during pregnancy. Adverse reactions to natural hormones may be related to dosing, or composition, of your prescription. The increased risk of cancer may be reduced or eliminated by the use of Estriol alone or in combination with Progesterone therapy. Please consult your Health Care Professional if you experience any of these symptoms or have any questions.

Directions

Natural Estrogens are available in many dosage forms, including oral capsules, troches, injections, and topical preparations. Storage requirements depend on dosage form used, please follow instructions from the Physician or Pharmacist for your prescription. Oral preparations may be taken with food. Follow dosage directions exactly. Be sure to consult your Physician or Pharmacist for adjusting the dosage or if you have any questions. If you miss a dose, take as soon as remembered. Do not take if it is almost time for your next dose, instead skip the missed dose and resume your usual dosing schedule. Do not double the dose.