Bioidentical Hormones

This includes hormones such as oestrogen, progesterone, testosterone and DHEA that are utilised to treat menopausal symptoms including hot flushes, crawling sensations on the skin, labile emotions and weight gain. Hormone treatments are prescribed by physicians in order to address troublesome symptoms reported by patients. In addition to these symptoms, hormonal assessments including blood, urine and saliva testing are used to determine appropriate hormone treatments. Unfortunately there is no gold standard evaluation which accurately determines suitable hormone treatments. These hormone formulations which are derived from soy or wild yam are dispensed by compounding pharmacies.

Hormone treatments can also be used to prevent osteoporosis, loss of muscle mass, dementia and heart disease and to preserve female youthfulness, especially youthful skin. However the evidence to support this approach is limited and long-term hormone treatments increase cancer risk including breast, endometrial and ovarian cancer. As far as conventional guidelines are concerned, hormone therapies are strictly advocated to treat menopausal symptoms for a limited period of time and not for an extended course to prevent the diseases of ageing, as the evidence to support this approach is lacking, and long term hormone replacement with compounded hormones are considered to be unsafe.

Because these products are derived from natural sources and they resemble the hormones that are made in the body, there is a widely embraced misconception that they are not harmful. While scientific research suggests that hormones such as testosterone and DHEA might protect against breast cancer, the evidence is far from conclusive. Studies have also lined progesterone with increased breast cancer risk. The likelihood of developing cancer can be mitigated but never completely eliminated by adhering to the principles set out in my e-Book, ‘The Wellbeing Guide to Preventing the Diseases of Ageing’ as well as ‘You have the Power’.

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