



## **BIOIDENTICAL HORMONES 101** **by Jeffrey Dach, MD**

### **DISPELLING THE MYTHS AND MISCONCEPTIONS:**

Over the years, I have compiled a list of myths and misinformation commonly encountered about bioidentical hormones in newspapers and magazines. Here are a few of them, followed by the corrections:

#### **Myth Number 1:**

*"The term bioidentical hormone is undefined and has no meaning."*

>Truth: This is incorrect. Bioidentical is a term which is defined as having the exact same chemical structure as hormones found naturally in the human body. Bioidentical Hormones are the ones circulating in your blood stream right now.

#### **Myth Number 2:**

*"There is no proof that bioidentical hormones are safer and more effective than synthetic hormones....All of the evidence that we have suggests that all of these hormones should be painted with the same brush."*

>Truth: This is incorrect and misleading. As we have seen in the above short history of synthetic hormones, there exists a large body of science showing that synthetic chemically altered hormones cause cancer and heart disease. On the other hand, medical studies have found bioidentical hormones are safe with no increase in breast cancer or heart disease compared to non-hormone users. An excellent review of this medical science can be found in a 2009 article by Kent Holtorf MD in Postgraduate Medicine.

#### **Myth Number 3:**

*"Bioidentical Hormones are not FDA approved."*

>Truth: This is blatantly incorrect. There are twenty or so FDA approved bioidentical hormone preparations widely available at corner drug stores. Here are a few examples: Vivelle-Dot, Estrace, Climara, Prometrium, Androgel, etc.

#### **Myth Number 4:**

*"Bioidentical Hormones made by compounding pharmacies are Non-FDA approved."*

>Truth: This is not only incorrect, it is misleading and deceptive. Compounding pharmacies are regulated at the state level, and do not fall under FDA jurisdiction. So, of course compounding is not FDA approved. No FDA approval is required or even desired. Your local hospital pharmacy is a compounding pharmacy that makes up life saving medication such as IV antibiotics with no FDA oversight or "approval." The FDA approval process is designed for manufactured capsules and tablets, and is impractical and unnecessary for compounded medications prepared to order by hand. Are we going to reject IV antibiotics from the hospital pharmacy because these are non-FDA approved compounded medication? Of course not. Compounding is here to stay.

**Myth Number 5:**

*"Unless a woman has symptoms of hot flashes and night sweats, she doesn't need hormones."*

>Truth: This is incorrect. In addition to night sweats and hot flashes, there are many other valid symptoms of hormone deficiency such as insomnia, cognitive dysfunction, menopausal arthritis, evaporative dry eye, anxiety, panic, mood disorder, vaginal dryness, and decrease libido and post hysterectomy. These are all good indications for prescribing bioidentical hormones.

**Myth Number 6:**

"The idea that Menopause is a Hormone Deficiency Disease was disproven, and the idea that hormone replacement rejuvenates youth, or prevents degenerative diseases is also disproven....Hormones decline with age, and is normal and does not require treatment."

>Truth: This is incorrect. There is no question that hormonal decline is a health risk. Three separate studies have shown low testosterone in males carries a 40% increase in mortality. Studies in females show the same findings, with low hormone levels in women after hysterectomy associated with increased mortality. Hormonal decline is a direct cause of degenerative diseases of aging, all of which may be prevented or partially reversed by replenishing hormone levels, a vastly more effective treatment which competes with Drug Industry.

**Myth Number 7:**

*"Hot flashes and sweats in menopausal women can be treated with SSRI antidepressants. They don't need to use hormones."*

>Truth: This is not only wrong, it is criminal. The use of SSRI antidepressants for menopausal symptoms is NOT FDA approved, and is a cruel mistreatment and medical victimization of women. This practice should be halted immediately. Studies of SSRI drugs show they are no better than placebo for most cases of depression and they are not much better than placebo for menopausal hot flashes. Synthetic hormones are bad enough. They cause cancer and heart disease. SSRI drugs like Lexapro, Effexor, and Pristiq are even worse; they are chemically addictive with horrendous withdrawal effects. Avoid becoming a medical victim. Stay away.

**In Conclusion:**

It is time to awaken from the nightmare of synthetic hormones, known for decades to cause cancer and heart disease. You can put lipstick on a pig, and it is still a pig. The drug industry can spin, deceive, and misleading medical journals and media. Yet, after all the lies and propaganda, synthetic hormones remain monsters that should be avoided. Smart women have made the switch to safer and more effective bioidentical hormones. The future of medicine is your choice to make. It is recommended you work closely with a knowledgeable physician before making any decisions regarding hormone treatment.

***A side note from Lyn at the Happy Hormone Cottage:***

*I am SO happy Dr Dach has written this information and more, in his book, "Bioidentical Hormones 101." Our intention at our facility is to clear up the myths and confusion perpetuated by the media with the big pharma agenda. Our goal is to educate and empower each woman to think for themselves, and to arm them with the knowledge they need to make the best, most informed decision for their best health naturally. We are proud to be women's health advocates in our women helping women endeavor.*