

THE PROBLEMS WITH CONVENTIONAL “HORMONE” REPLACEMENT THERAPY (HRT)

Women are rarely informed of all the possible problems with HRT. Hand out this set of pages often.

PREMARIN

- ✓ (also called conjugated estrogens) is a word composed from Pregnant Mare's Urine
- ✓ This horse estrogen is the most commonly prescribed estrogen in the world.
- ✓ It is the form of estrogen most commonly used in research, including taxpayer-funded research.
- ✓ This means that most of what we think we know about “estrogen replacement” in women is actually about horse estrogen “replacement” in humans.

THE PROBLEMS WITH PREMARIN

1. -It is for horses, not humans.
2. Side effects include:
 - Heavy menstrual bleeding, cramping
 - Breast tenderness
 - Fluid retention, edema, weight gain, increased fat storage
 - Headache, migraine
 - Depression, anxiety
 - Glucose intolerance, Insulin Resistance
 - Estrogen Dominance
 - Stimulates growth of fibroids
 - Worsens endometriosis
 - Nausea, vomiting, cramping, bloating
 - Leg cramps
 - Eye problems
 - High blood pressure
 - Increases blood clotting tendency
 - Venous thromboembolism, pulmonary embolism—stroke
 - Increased risk of endometrial cancer and breast cancer
 - Loss of scalp hair, growth of facial and body hair
 - Gall bladder disease
 - Pancreatitis
3. The composition of horse estrogen is vastly different from human estrogen.*

HUMAN ESTROGEN

Estriol 60-80%
Estrone 10-20%
Estradiol 10-20%

PREMARIN

Estrone 75-80 %
Equilin 6-15%
Estradiol + others 5-19%

*Wright, Jonathan V., M.D., and John Morgenthaler, *Natural Hormone Replacement For Women Over 45*, (1997)

PROBLEMS WITH CONVENTIONAL HRT, Cont'd

4. The metabolic breakdown products of Premarin are biologically stronger and more active than the original equine estrogens. Various studies have shown that these breakdown products can produce DNA damage that is cancer-causing. So, for example, the incidence of breast cancer increases when women take Premarin.
5. Premarin, like all conventional HRT, is prescribed in standard dosages and not tailored to individual requirements. This usually means women are often taking much more "estrogen" than they need.
6. It takes about eight weeks to clear Premarin out of the body. In contrast, natural hormones are completely metabolized and cleared in 6-12 hours.
7. Premarin can easily, and usually does, throw a woman into Estrogen Dominance.
8. It causes an excessive increase in Sex Hormone Binding Globulin (SHBG), which in turn blocks thyroid hormone function.

OTHER FORMS OF ESTROGEN USED IN CONVENTIONAL HRT

NOTE: The list of side effects caused by synthetic estrogens is similar to those of Premarin.

1. Estraderm, Climara, FemPatch, Menorest, Alora, Esclim, Vivelle-Dot /Vivelle: Patches applied 1-2 times a week. Contain 17 beta-estradiol, a natural (bioidentical) part of estrogen (without its natural partners, estrone and estriol)
2. Estrace: Natural (bioidentical) micronized estradiol in oral form
3. **Tri-Estrogen: 10% estrone, 10% estradiol, 80% estriol, in all natural (bioidentical) oral form**
4. **Bi-Estrogen: 20% estradiol, 80% estriol, in natural (bioidentical) oral form**
5. Estinyl, Ogen, Ortho-Est, Estratab, Menest, Cenestin: Various versions of synthetic estrogens and synthetic horse estrogens (Can you believe it?)
6. Premphase, PremPro, Ortho-Prefest, FemhRt, CombiPatch: Various forms of synthetic partial or horse estrogens, plus progestins (synthetic)
7. **Tri-Est plus OMP (oral micronized progesterone): 10% estrone, 10% estradiol, 80% estriol, plus 100 mg OMP**
8. Estratest: Synthetic estrogen plus synthetic testosterone
9. **Compounding pharmacies will make natural estrogen in a variety of forms.**

(Continued on next page)

PROBLEMS WITH CONVENTIONAL HRT, Cont'd

PROGESTINS

- ✓ Chemical or drug imitations of progesterone, with disturbing side effects
- ✓ PROVERA (medroxyprogesterone acetate) is the most common progestin. It is also used in PremPro (which is Premarin and Provera in combination)
- ✓ Most progestins are made by taking natural progesterone and altering the chemical structure so it can be patented.
- ✓ Another type of progestin is made by altering a synthetic form of testosterone.

PROBLEMS WITH PROGESTIN

1. It suppresses production of natural progesterone in the body.
2. It disrupts the steroid hormone pathways, which can cause both immediate and/or insidious undermining of both adrenal and gonadal function.
3. Since the steroid hormone pathway is fundamental to energy and vitality, this drug is usually a prescription for chronic fatigue (and probably fibromyalgia). **This is not conventionally recognized.**
4. The myriad side effects.

SIDE EFFECTS OF PROGESTINS

- Depression
- Anxiety, nervousness
- Fatigue, leading to chronic fatigue over time
- Fluid retention and breast tenderness, weight gain
- Migraine
- Coronary artery spasm
- Angina, palpitations
- Menstrual irregularities, spotting
- Glucose intolerance; promotes Insulin Resistance
- General edema
- Nausea
- Insomnia, sleepiness
- Skin rashes, acne
- Hair loss on scalp, facial hair growth

(Continued on next page)

SOME OF THE MOST DISTURBING POSSIBLE ADVERSE EFFECTS OF PROGESTINS!

1. Coronary spasm. This is most significant: 90% of men who have heart attacks have atherosclerosis or obstruction of coronary arteries, but only 30 % of women do. The majority of women who have heart attacks do so because of coronary artery spasm.

NOTE: Cataplex G, Magnesium Lactate, natural progesterone, and strong adrenal glands protect against coronary artery spasm.

2. Stroke
3. Pulmonary embolism
4. Breast cancer.
5. The PDR (*Physician's Desk Reference*) advises patients to discontinue this drug if there is sudden or partial loss of vision.
6. Liver disease.
7. Increases the risk of birth defects (remember, progestins are in all oral contraceptives).
8. Gall bladder disease.
9. The 2002 PDR states this about progestins: "The effect of prolonged use of this drug on pituitary, ovarian, adrenal, hepatic or uterine functions is unknown."

- * It needs to be emphasized that natural progesterone has **NONE** of these side effects. In fact, natural progesterone **protects against** many of the problems progestins cause.
- * It is not uncommon for health professionals not to know that progestins and progesterone are not the same thing.
- * The medical literature frequently uses the terms progestins and progesterone interchangeably, which continues to cause a lot of confusion.

THE FOLLOWING LISTS THE MOST COMMONLY PRESCRIBED PROGESTINS, AND TWO PRESCRIPTION NATURAL PROGESTERONES:

1. Provera, Amen, Cycrin: Various brands of oral medroxyprogesterone (MPA), a progestin (synthetic).
2. Aygestin, Micronor, Norlutin, Norlutate: Various brands of oral norethindrone acetate, a progestin (synthetic).
3. **Prometrium, OMP (Oral Micronized Progesterone): Two brands of oral natural progesterone.**
4. **Compounding pharmacies will make natural progesterone in a variety of forms.**

For a list of common HRT estrogen-plus-progestin and estrogen-plus-progesterone combinations in oral forms, see previous pages on Estrogen HRT.