

## General Hormone Replacement Therapy

“Aging is not an unalterable process of decline and loss. Hormones are now responsible for this change in attitude. Therefore, routine medical intervention programs offer long-term replacement therapy with one or more hormones to delay the aging process, allowing us to live for longer period in a relatively intact state, are becoming popular.” *Biomedicina 2000 Jan; Vol. 3 (1): 6-7*

(This is appropriately termed preventive medicine or age management medicine.)

(Although many people have an appropriate fear of HRT, this comes from media hype and the medical studies demonstrating the harm of the synthetic hormones. Do not extrapolate this to include natural hormones.)

“Hormone replacement prevents weight gain. HRT favors weight loss by increasing lipid oxidation, improving insulin response and lowering plasma lipids.”

*Maturitas 1999 Aug; 16 32 (3): 147-53*

(All studies show beneficial effects, except those studies evaluating synthetic hormones.)

## DHEA

“DHEA increases insulin sensitivity, decreases abdominal fat, prevents and treats the metabolic syndrome and thereby prevents diabetes.” *JAMA 2004; 292: 2243-2248*

(All hormones have beneficial health effects and replacing them to optimal levels guarantees this benefit.)

“High DHEA levels are related to lower carotid intimal wall thickness.”

*J Clin Endocrinol Metab 1999 June; 84 (6): 2008-12*

“DHEA was found to be beneficial in treating Lupus patients. DHEA was well tolerated without side effects.” *Rheumatology 1998; 25(2): 285-9*

DHEA treats depression and improves memory. DHEA lowered cortisol levels.”

*Biological Psychiatry 1997; 41 (3): 311-8*

“DHEA decreases heart disease and atherosclerosis.”

*Annals N.Y. Academy of Science: 1995 Dec; 774: 271-280*

“High levels of DHEA decrease mortality from heart disease. Low levels of DHEA are associated with increased mortality. The higher the DHEA, the better the protection against mortality from any cause.”

*New England Journal of Medicine 1986 Dec; 315 (24): 1519-24*

“DHEA blocks carcinogenesis. Low levels of DHEA demonstrate an increased risk of cancer and cardiovascular disease.” *Journal of Clinical Invest 1988 August; 82 (2): 712-720*

“DHEA caused a remarkable increase in physical and psychological well-being. There were no side effects and DHEA was well tolerated. Journal of Clinical Endocrinology Metab 1997 June; 78 (6):1360-7

“DHEA restores well-being, increases bone density and decreases vaginal dryness.” Journal Clinical Endocrinology Metab 1997 Oct; 82 (10): 3498-505

“DHEA treatment for significant anti-depressant effects.” American Journal of Psychiatry 1999; 150: 646-649

(All HRT has health benefits and DHEA is no different. There are many benefits for cardiovascular, psychiatric, musculoskeletal and genitourinary systems. Improvement in well-being and depression has been well demonstrated.)

“DHEA administration reduces abdominal fat, decreases insulin resistance and protects against metabolic syndrome and diabetes.” JAMA 2004 Nov; Vol. 292 (18): 2233-2247

“Low DHEA levels are associated with depression and depressed mood.” J American Gerontology Soc. 1999 June; 47 (6): 685-91

“DHEA is beneficial in treatment of major depression in women.” Am. J Psychiatry 1999 April; 156 (4): 646-649

“DHEA improves mood and fatigue.” J Psych 2000 Dec; 85 (12): 4650-56

“DHEA improves well-being, sexuality, and cognition.” Endocrinology Research 2000 Nov; 26 (4): 505

“DHEA improves immune function and decreases mortality.” Critical Care Med. 2001 Feb.; 29 (2): 380

“DHEA improves strength and body composition.” Clinical Endocrinology 1998 Oct.; 49 (4): 421-32

“DHEA reduces LDL cholesterol and body fat.” Journal Family Med 1988 Jan.; 60 (1): 57-61

“Epidemiologic studies demonstrate that low levels of DHEA increase risk of cancer, heart disease, immune dysfunction, diabetes, and obesity. “DHEA replacement increases bone density, improves depression, cognition, sexual function.” Am J Health Syst. Pharm; 57 (22): 2048-2056

“The goal of replacement therapy is to restore DHEA to the upper level of normal of a young adult range. Those patients experience a reduction in fatigue, improvement in mood and psychological well-being.” J Clin Endomet. 1994 June; 78 (6): 1360-67

“Estrogen protects against neuron-degeneration, changes in mood, cognition and behavior.” Clinical Genetics 1998 May;6 (5): 15-19