

# Are Hormones Safe

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Are you worried about developing breast cancer, or have been told not to take hormones as they will cause breast cancer. Your anxiety may be misplaced. Your risk of having breast cancer is far lower than your risk of having or dying from cardiovascular disease. Heart disease is responsible for more deaths in women than all forms of cancer combined and is the most significant health concern for women in the United States today, causing nearly 350,000 deaths each year compared to only 40,000 from breast cancer.

What is even more concerning is that the media and many practitioners fail to tell you that certain hormones will reduce the risk of cardiovascular disease as much sixty percent without increasing your risk of breast cancer! This is good news. Sadly, the media focuses on reports of breast cancer run rampant without educating and warning women about the more imminent danger of heart disease.

The media warns women about the risks of HRT *regardless of the types of hormones that were used in the studies*. No matter what type of hormones were used, bioidentical, synthetic, horse derived hormones, oral or transdermal, when presented to you the consumer, they all fall under the umbrella of HRT, which gives every type of hormone replacement a bad name.

In 2007, Fournier et al reported an association between various forms of HRT and the incidence of breast cancer in more than 80 000 postmenopausal women who were followed for more than eight postmenopausal years. Compared with women who had

never used any HRT, women who used estrogen only had a non-significant increase of breast cancer. If a synthetic progestin was used in combination with estrogen, the risk for breast cancer increased significantly. However, for women who used bioidentical progesterone in combination with estrogen, the increased risk for breast cancer was eliminated with a significant reduction in breast cancer risk compared with synthetic progestin use. In a previous analysis of more than 50 000 postmenopausal women, Fournier et al found that the risk for breast cancer was significantly increased if synthetic progestins were used, but was reduced if progesterone was used.

The WHI study clearly proved that Provera (medroxyprogesterone acetate) caused breast cancer and heart disease while Premarin (conjugated estrogens) taken alone showed a decreased incidence of breast cancer and a significant reduction of coronary calcium scores.

The WHI study came to an abrupt halt in July 2002 because the combination of Premarin and Provera also marketed as PremPro showed an increased risk of breast cancer, coronary heart disease, and stroke. Specifically, the study showed women who took the combination of Premarin and Provera had a twenty-four percent increased risk of breast cancer and an overall twenty-four percent increased risk of coronary heart disease then those who didn't.

**However, what is important to know is that the women, who took Premarin without Provera, had no increased risk of breast cancer. Also, after five years, the same group of women showed sixty-one percent less calcified plaque of their coronary arteries compared to the women who took a placebo.** However, Premarin did seem to increase the risk of clotting causing strokes and heart attacks. This risk was amplified when Provera was added. Recent research indicates that when bioidentical estrogen is taken through the skin by patch or cream, this problem is eliminated, and there seems to be no increased risk of clotting.

Several studies, including the Nurses' Health Study and the WHI showed that those women currently using estrogen replacement therapy or HRT have a significantly

lower risk of colorectal cancer. A new finding, published in the January 2009 issue of *Cancer Epidemiology, Biomarkers and Prevention*, found a seventeen percent reduced risk of colorectal cancer among women who had at one time used estrogen, a 25 percent reduced risk among women currently using estrogen, and a 26 percent reduced risk among those using estrogen for 10 or more years.

Now, hormone experts throughout the world have concluded that replacing your hormones is safe, and healthy women going through the first few years of menopause who need HRT to relieve symptoms should have no fears about its use.

The First Global Summit on Menopause-related Issues, held in Zurich on March 29 and 30, 2008, involved forty of the world's leading menopause experts who met to review public perceptions, risks, and benefits of hormone replacement therapy. They were looking at four main areas of controversy: cardiovascular health, breast issues, cognition, and bone issues. The Summit concluded HRT is safe and that healthy women going through the first few years of the menopause who need HRT to relieve symptoms should have no fears about its use.

The American Association of Clinical Endocrinologists and the North American Menopause Society have also come to similar conclusions. Further, Amos Pines, president of The International Menopause Society concluded in a 2007 press statement. "Weighing the overall benefits and risks of HT in the younger postmenopausal population clearly favors the use of HT for symptomatic women."

Heart disease is responsible for more deaths in women than all forms of cancer combined and is the most significant health concern for women in the United States today, causing nearly 350,000 deaths each year compared to only 40,000 from breast cancer. Unfortunately, many doctors misconstrued the results of the WHI believing women are better off not taking any hormone replacement therapy. Consequently, many women will needlessly suffer from and be at increased risk for depression, heart disease, stroke, osteoporosis, and colon cancer while it is clear that the right type of hormone

replacement therapy can significantly reduce the risk of heart disease while not increasing the risk of breast cancer.

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