

Patient Name: _____

Date of Birth: _____

Cell Phone #: _____

Home Phone #: _____

Emergency Contact Phone #: _____

Email: _____

Name of Emergency Contact: _____

Can we correspond by email and phone? Y N

Natural or Bio-identical Hormone Replacement Therapy is the therapeutic use of hormones that are identical to the hormones made naturally by the body. There are many different type but the ones used predominantly in our clinic include: testosterone, progesterone, estrone (E1), estradiol (E2), estriol (E3), DHEA, androstenedione, cortisol, thyroid and melatonin. These hormones are typically used to treat symptoms of perimenopause, menopause, andropause (male menopause), thyroid dysfunction and adrenal fatigue although other symptoms may be treated as well.

The Women's Health Initiative Study (WHI) studied 16,608 postmenopausal women aged 50-79 years old with an intact uterus. The women received either Premarin (0.625mg), Prempro (0.625/2.5mg), or placebo daily. These hormones were non human, non bioidentical hormones. Users of Premarin and Prempro had :

- 41% more strokes (29 HRT VS 30 placebo in 10,000 person years)
- 29% more heart attacks (37 HRT VS 30 placebo in 10,000 person years)
- twice as many blood clots (34 VS 16 placebo in 10,000 person years)
- 26% more breast cancer (38 VS 30 placebo in 10,000 person years)
- 66% increase in Alzheimer's Dementia (45 HRT VS 22 in 10,000 person years)
- 37% less colorectal cancer (0.63 relative risk reduction)
- 33% fewer hip fractures (0.66 relative risk reduction)

The average age of the study participants was 63 years of age, and on average started hormone therapy 12 years after menopause. Synthetic hormones (ex. Progestins), and bioidentical hormones such as progesterone have different affects on the body.

Bioidentical hormones can be used and metabolized as our body was designed to do, minimizing side effects. Bioidentical hormone dosages can be fine tuned to your specific needs. Many European studies suggest that bioidentical hormones are safer than synthetic hormones. However, that doesn't mean that bioidenticals are perfect. We also do not have any large scale, double blinded, placebo controlled trials on bioidenticals.

Relative Contraindications: personal family history of breast, ovarian, or endometrial cancer and a strong family history of breast or ovarian cancer. Close collaboration with an oncologist may be needed in these situations. Unexplained vaginal bleeding may be another contraindication.

Precautions: BHRT does not increase heart disease risk if given at the proper dosage and ratio. Patients with previous deep vein thrombosis require careful monitoring if they are taking oral estrogen. Women with known heart disease need routine evaluation and annual labs including cholesterol levels and EKG. They will need to be followed up by their primary care physician for this condition.

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Baseline hormone levels are ordered at your initial visit. You will then be given an individualized prescription of BHRT based on your symptoms and test results. Symptom resolution is not immediate. It can take anywhere from 3-9 months until patients feel like they have the perfect fit. There are many different preparations of BHRT (topical creams, sublingual troches, vaginal inserts, pills, and sublingual drops). Some women respond to one form better than another. Saliva tests are measured every 2-6 months until stable. When stable, hormone levels are then monitored every 6-12 months depending on the situation. Patient's bodies and lifestyles change and so do their hormonal needs. Hormones are usually measured via saliva and or urine samples. Some situations may require a blood draw. Neurotransmitters are also evaluated in some situations and are done via a urine sample.

You are required to have pap smears (as frequently as indicated), mammograms, and DEXA Scans (as indicated). It is required that you supply us with a copy of these results for our records. Hormones are generally not prescribed or renewed unless these records are up to date. Men on testosterone therapy are required to have their testosterone levels checked at least every three months for the first year and then at least twice per year thereafter. Levels may be checked more often depending on response to therapy. Male are also required to have digital rectal exam and PSA levels prior to starting hormone and every 6 months while on treatment.

Bio-identical hormones are made at compounding pharmacies. We send most of our patients to Oakdale Pharmacy. BHRT is generally not reimbursed by insurance companies although there are exceptions. On request, the pharmacy will provide you with a form that you can fill out and submit to your insurance company for reimbursement. Many women generally use anywhere from one to five hormone preparations. The cost, on average, per hormone is \$35-40 for a 30 day supply. Once stable on a preparation, a 90 day supply can be provided which usually decreases the cost to around \$25 per month per preparation. Many times we can combine 2 or 3 hormones into one preparation once we have the correct dose for each of the individual hormones. This will also help keep the cost down.

We also require that you have a current primary care physician to manage all you other health needs.

I understand and agree to the above statements and all my questions have been answered to my satisfaction. I am consenting for bio-identical hormone treatment at Dr. Rogers Wellness and Weight Loss Center. I understand that the treatment for bio-identical hormones at Dr. Rogers Wellness and Weight Loss Center by Dr. Helm-Swanson and Kim Diaz, P.A. is an out of network service. Payment will be due at the time of service. Initial visit is \$250.00 and f/u visits are \$150.00.

Signature _____

Date _____