

Informed Consent For Sex Hormone Replacement



The Lee Clinic, LLC

Sex hormones refer to the following hormones: estrogens, progesterone, testosterone, DHEA, melatonin, pregnenolone, & adrenal extracts. They are called sex hormones because they are involved with sexual reproduction and differentiation. Estrogen and progesterone are primarily female hormones, and testosterone is primarily a male hormone.

Sex hormones are important for healthy sexual function. But they also serve many other critical roles such as preservation of the bones, muscles, skin, hair, and joints; prevention of cardiovascular and heart disease; prevention of strokes; prevention of cancer; maintenance of optimal mental and emotional function; and prevention of Alzheimer's disease. The benefits to replacing deficient hormones are obvious.

Are There Any Risks? Don't confuse bioidentical hormone replacement with synthetic hormone replacement. Synthetic hormones are not hormones at all - they are drugs that have hormone-like effects. The most common examples are the drugs Premarin and Provera. You have seen the headlines about synthetic hormone replacement. Instead of preventing disease, they have been shown to cause blood clots cancer, stroke, and heart disease.

Bioidentical hormone replacement is completely different. There has never been one study that has indicated that replacing a deficient hormone with the identical hormone is dangerous. That having been said, it is important to understand that many breast and prostate cancers are hormone responsive. This means that although they are not caused by hormones, they will grow faster in the presence of hormones. For this reason, during the first year of therapy men should have regular evaluations for prostate cancer, and women should be evaluated for breast cancer. For men, this means an initial prostate examination and PSA test followed by a PSA test every 4 months. For women, this means an initial breast examination followed by routine breast cancer screening.

In addition, some men on testosterone or DHEA replacement therapy have developed blood clots, although this is rare. Let us know if you develop any symptoms in your legs such as unexplained pain or swelling. A recent study on 85,000 nurses taking bio-identical hormones has shown the chance of developing a blood clot is not greater when taking these hormones.

Diagnosing whether or not a deficiency of one or more of the sex hormone is present is done by looking at three factors:

1. The most important criteria is the symptom pattern. Certain symptoms are characteristic of sex hormone deficiencies.
2. Abnormal laboratory tests can point to a hormone deficiency.
3. A clinical trial is the best way to diagnose a deficiency. This means prescribing the hormone and determining if the symptoms and/or lab tests are improved. If they are, then a deficiency is confirmed.

By my signature below, I acknowledge that I have read the above, and that all my questions regarding sex hormone replacement have been answered,

Patient's signature _____

Printed Name _____

Date _____