

Wellness Newsletter

February 2008

Bio-identical Hormones at Risk!

FDA and big drug makers are trying to halt your choice of hormone treatments!



Scott Popyk, R.Ph. FIACP
 Founder

In 2005, Wyeth pharmaceuticals, makers of Premarin® and Prempro®, petitioned FDA to prevent compounding pharmacies from preparing bio-identical hormones prescribed by your doctor. Several weeks ago FDA answered Wyeth's petition and announced it would "halt" the compounding of hormone treatments that contain estriol.

FDA's recent action is not based on any scientific or medical justification. It is simply the result of a bad policy influenced by a big drug company (*Wyeth's wealth over woman's health!*)

Estriol has a record of safety and its use is supported by medical literature. Estriol is officially recognized by the United States Pharmacopoeia (USP), an organization recognized by the FDA. Congress has specifically recognized and approved the use of active ingredients that have been approved by USP. Finally, USP rated ingredients are recommended by the Pharmacy Compounding Accreditation Board and State Boards of Pharmacy as materials of choice.

FDA is simply wrong to interfere with patient care. You can help keep your bio-identical hormones by visiting these sites:

www.savemybhrt.org
www.bioidenticalhormoneinitiative.org

Make your voice heard today. The exercise of your rights and liberties are needed now more than ever.

Drug Safety Misrepresented by Manufacturers

A recent review of drug studies¹ submitted to FDA by manufacturers discovered positive results were made publicly available while negative outcomes remained unpublished. In some cases, the manufacturers negative results were published as positive outcomes.

Eric Turner, MD one of the lead authors of the study commented, "*Evidenced based medicine is valuable to the extent that the evidence is complete and unbiased.*" He added, "*the selective publication of clinical trials can alter the apparent risk/benefit ratio of drugs, which can affect the prescribing decisions.*"

This study renewed the call for a mandatory public registry for clinical trails and the need for legislation to provide open access to clinical-trials data.

Dr. Robert L. Hendren, President of The American Academy of Child and Adult Psychiatry has been at the forefront of this topic. He states, "*A national registry will allow patients to have access to data on a complete range of treatment options, including medications, to discuss with their physician.*"

What this means for you is open access to information. Accessing this information will allow you to play a more vital role in your health care and positively contribute to your treatment options.

¹ Drug Reporting Bias, Medscape Medical News 01/08

Snor- No-More Sales Have Increased, So We've Extended Our Sale



Snoring not only effects your hearing, but it can also indicate a medical condition. If your physician has ruled out any medical reasons for your snoring and you are considering other forms of treatment, why not give us a call? Health Dimensions compounds "**Snor-No-More**" an oral spray that can safely reduce, if not eliminate snoring. Instead of patches or surgery, consider the oral spray that can make snoring go away! Best of all, it's available without a prescription. Call us today to learn more about **Snor-No-More!**

Physician Focus



Jerrold Weinberg, MD

The Birmingham Menopause Clinic is Michigan's first Ob/Gyn clinic dedicated to the treatment of menopause.

Dr. Weinberg has specialized in menopause and other female issues for over 8 years.

Dr. Weinberg's clinic is located at
5777 W. Maple Road, Suite 200
West Bloomfield MI 48322
248-932-9223

Ask Your Pharmacist

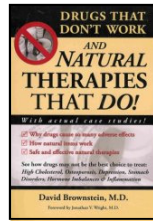
Dear Health Dimensions,
I am looking for an alternative form of topical cream for pain. I have purchased some from the store but they smelled too much like medication. Do you have an over the counter topical pain cream that you sell?

D.A.

Dear D.A.
We sell an over the counter product called *New Emu*. *New Emu* is a topical pain formula that comes in a variety of pleasant scents, such as almond, peach and melon. Aloe, one of the main ingredients, leaves skin feeling smooth, not greasy. It is one of our best selling products and patients have found it effective. *New Emu* is used for relieving back, knee and neck pain, as well as pain related to neuropathy and shingles. For more information call us at 248-489-1573.

Reading is Nutrition for the Mind

Why do drugs cause so many adverse effects?



Dr. Brownstein's book, "**Drugs That Don't Work and Natural Therapies That Do!**" provides the answer and shows how drugs work in the body. He also provides the reader with

safe and effective natural alternatives to drugs, including: Diet Modifications, Bio-identical Natural Hormones, Herbs, Minerals, Vitamins and much, much more!

In his book, Dr. Brownstein builds the case that patient medication use, with its inevitable health-damaging effects, does not deliver the results promised. Then, he outlines nature's alternatives to common prescription medications.

Begin pursuing alternatives to prescription medications and pick up your copy today!

Dr. Brownstein is Medical Director for the *Center for Holistic Medicine* in West Bloomfield Michigan.

Newsletter Exclusive

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