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The **Hormonal** Debate.

A highly emotional debate is brewing about hormone replacement therapy, otherwise known as HRT. Hormones are highlighted in everything from the news media, to current movies, and even your favorite television series. Recently, news criticizing the drug company Wyeth, makers of the hormonal therapy medication Prempro®, shook the pharmacy world. Claims were made that the company paid ghostwriters to play up the benefits and downplay the harm of the drug for articles published in medical journals. Local pharmacist Scott Popyk of Health Dimensions Compounding Pharmacy, which specializes in menopausal and andropausal therapies, wants to help clear the confusion and negative connotations associated with hormone replacement therapy.

From The Pharmacist

“I think one of the biggest disservices, while communicating the benefits and risks of HRT, is grouping all hormones together...the article released by Reuters quoted researchers saying, ‘the articles where intended to mitigate concerns that hormone replacement therapy raises the risk of breast cancer, and to support the unfounded idea that the drugs offer some protection against heart disease.’ The fact of the matter is, not all hormones are alike, and this is a major point we counsel our clients on,” says, Popyk.





Scott continues, "The estrogen component in Prempro® is a group of horse estrogen's, obtained via horse urine, not identical to the human body. Medroxyprogesterone is something called a progestin, not a bio-identical progesterone, which has proven to work differently in many areas throughout the body, compared to a bio-identical progesterone."

Popyk went on to explain that while there is a considerable amount of research on the benefits of using bio-identical hormones, hormones identical to what the human body makes, he does not go so far as to state that bio-identical hormones are without risk. "Anything improperly dosed can create side-effects. Physicians prescribe bio-identical therapies in order to customize dosages to individual patients. Their goal is to maximize benefits and control potential side effects by taking into account the wisdom of nature and science in light of personalized testing and assessment", said Popyk.

HOT FLASH RELIEF FROM VITAMIN E?

Hot flashes affect as many as 80 percent of menopausal women. Clinical trials, as early as the 1940s, reported that Vitamin E, thought to act as an estrogen substitute, controlled hot flashes in half of women. In a recent study examining the effectiveness of Vitamin E vs. a placebo, researchers measured hot flashes before and at the end of the study by examining women subjects' hot flash diaries. Results showed significant differences in the hot flashes severity scores, and, based on this and other studies, Vitamin E (400 to 800 IU) is routinely prescribed to treat hot flashes.

Source: <http://www.ncbi.nlm.nih.gov/pubmed/17664882>

To learn more about the facts, the difference between hormones, their interaction with your body, and your many options, call us at 248-489-1573 or visit us online at www.hdrx.com

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