

THE DILEMMA FOR WOMEN—DISEASE AND HORMONES

There is an ongoing debate re the safety of hormone replacement therapy in women. But there are also the issues of breast, ovarian and uterine health, vascular health and cardiovascular morbidity and mortality. This translates into sequelae of heart attack, stroke, pulmonary embolus, disruption of relationship, inability to function due to sleep disruption and ultimately, all age related illness such as osteoarthritis, osteoporosis associated with life threatening hospital based hip fracture and other variations on the theme. Also, there are the less devastating issues of skin health which women take very personally and fight with unending sums of money and effort invested in improper and ineffective interventions marketed and sold to them by the cosmetic industry. But least recognized are issues related to mood, relationship, sleep and perception of well being. The question is “do hormones help or hurt”?

For starters, the skin is a reflection of what is happening internally. What you see from the outside is what is happening on the inside. Associated with skin imperfections is organ disease and atrophy. The skin is the mirror of much more than the soul.

You can treat the outside, but it doesn't impact the inside unless it is a metabolic intervention. For those who don't understand the term “metabolic”, it is the process by which you put things into your body or they get there from the outside, and your body responds using food (fats, carbs, protein), and the cofactors which allow metabolic processes to happen (vitamins, ions and various other biochemical species), and detoxification. These processes are complex and in order to totally understand them in detail you must have substantial education.

THEREIN LIES THE PROBLEM.....it is so easy to not understand. This applies to both patients and doctors. The jury is not entirely in. It is a personal decision. There will be those who do and those who don't. My goal is to deliver some information, but you must ultimately be the decision maker. You should not engage in a decision with which you do not feel entirely comfortable.