

The Bioidentical Hormone Program at Optimum Health Medical Spa

Bioidentical hormones are natural hormones derived from plant sources; wild yams and soy and are structurally identical to the human hormones. They are compounded by compounding pharmacies to the specific needs of an individual after the hormone levels have been tested. The goal is to balance an individual's hormones in the safest and most complete manner possible. We seek to achieve youthful physiological levels while assessing the patient for symptom control and for overall wellbeing with periodic lab retesting.

Bioidentical hormones are useful for helping to alleviate multiple hormone deficiency symptoms in both men and women. When the hormones are in a state of decline so is the general state of health and wellness. Declining hormones are associated with symptoms that people usually attribute to "aging" such as declining libido or erectile dysfunction, mood swings such as depression and irritability, osteoporosis, hot flashes, night sweats, memory loss and brain fog, loss of energy, weight gain and a host of other subtle symptoms that may seem unrelated to the endocrine system. These undesirable symptoms often erode the quality of life. Fortunately, we are not condemned to have to tolerate those unpleasant menopausal and andropausal symptoms. There is help with bioidentical hormone replacement therapy.

Estrogen

The term "estrogen" refers to a group of related hormones, each with a unique activity. The three estrogens produced by a woman's body are estrone (10%), Estradiol, (10%), and estriol (80%). The net quantity and the proportions are vastly altered during perimenopause and menopause. Estriol is the safest and weakest form while estrone is the most toxic form. Estradiol is the most potent and the dominant form in terms of activity. The net effect of well balanced estrogens result in the relief of menopausal symptoms with improved mood, hot flashes, night sweats, energy, sleep, and cognitive function. There is also a favorable influence on blood pressure, diabetes, cholesterol, and bone health. It can be administered transdermally (by cream) or orally. Dr White generally, does not prescribe estrogens orally because the transdermal route more closely mimic the natural physiological pattern of metabolism and does not show some of the unfavorable effects of orally dosed estrogens.

Progesterone

Progesterone is the natural counter balance to estrogen. It has a particularly important role to play in our society in light of the preponderance of "estrogen dominance" induced disorders (breast, uterine, and ovarian cancer, endometriosis, uterine fibroids, etc.). Progesterone also promotes healthy bones, lipids, heart health, energy, libido, and metabolism. It has a calming effect on the nervous system. It can be administered by cream transdermally or by oral route in the form of a compounded capsule.

Testosterone

Testosterone is a hormone that's produced by both men and women. It declines in men and women with aging. It has several roles in the body. It is important to the integrity of the skin, muscle, and bone. It is also protective against obesity and diabetes as well as heart disease in men. It enhances libido, bone and muscle strength, mental alertness, and self esteem. It can be administered by gels, creams, injections or pellets. Dr White limits his use of testosterone to its FDA approved function of treating hypogonadism or testosterone deficiency states. **Anabolic hormones are never used for anti aging or to enhance athletic performance in Dr. White's practice.**

Other Hormones

There are several other hormones that contribute to the symphony of complete hormonal balance which includes: Human Growth Hormone (HGH), Cortisol, DHEA, Melatonin, Thyroid Hormone, Parathyroid Hormone, and Insulin. They must also be considered in balancing the equation of hormonal health and total wellness.

Laboratory testing is essential in Bio-identical (natural) Hormone Replacement Therapy. It is necessary to establish whether there is indeed a hormonal deficiency state, and if so, then which hormones are deficient and to what degree are they deficient. These studies are done on blood, urine or saliva.

Every effort is employed to apply this helpful resource in a safe and effective manner. To that end, estrogen metabolites are also evaluated at some point during the early part of the assessment and therapy. This valuable information helps us to understand the ratio of toxic to non toxic estrogen metabolites that are being generated which is largely influenced by a woman's unique genetic make up and lifestyle factors. This gives us an opportunity to better understand the risk and benefits of BHRT from a biochemical perspective. It also gives us a basis for intervening and influencing how the metabolic products are generated. Ultimately, the goal is to encourage a more favorable and less toxic estrogen breakdown product whether a woman is on HRT or not. Most patients in Dr. White's anti-aging practice are middle age men and women who are seeking to gain or maintain their health by utilizing the cutting edge science and technology of anti-aging (age management) medicine.

In practicing medicine, Dr White has always sought to employ the wisdom of the Greek axiom "primum non nocere", which translates "first do no harm." He seeks to achieve maximum beneficial impact in behalf of his patients by addressing lifestyle issues as well as organ system function in a comprehensive and integrative manner. The service includes taking a detailed history with a focused physical examination, a nutritional counseling session and an exercise prescription while addressing stress management issues, all of which are collectively indispensable for achieving optimum benefit from bio-identical hormone therapy.

Your Doctor's Visit at OHI

Patients are asked to arrive 30 minutes early for their initial consultation in order to register and complete necessary paper work. It is important to be on time for your appointment. Be prepared to spend at least 2 hours at OHI Medical Spa:



- In order to obtain accurate lab results you are asked to fast at least 6 hours prior to your initial consultation. Drink at least two 10 ounce glasses of water during this time.
- Avoid stressful events as much as possible over the 24 hour period prior to your consultation. Excessive stress can affect certain lab results.
- Premenopausal and perimenopausal women who desire to be evaluated for BIHRT should schedule your appointment to correspond with days 19 to 23 of your menstrual cycle (counting from the day your menstrual bleed starts).
- After the initial consultation patients will have a follow up appointment in 3 to 4 weeks to review labs and assess progress with the comprehensive wellness plan. A telephone consultation may be arranged with patients who do not live in the metro Jackson area. The dosing of your hormone therapy will be determined and discussed at this time. This is the time to answer any further questions that you

may have.

- Your individualized bioidentical hormone prescription will be written or called in to the compounding pharmacy of your choice (from a list of approved compounding pharmacies).
- After starting hormone therapy, patients will usually follow up within 2-3 months for reevaluation to ensure that therapy is optimal and levels are physiologic. It can take some patients 6 to 12 months to achieve hormonal balance.
- After hormonal balance is achieved the patient will need to maintain follow up assessments at least



every 6 months.

- Digital rectal exams, PSA's, and possibly certain hormones are checked every 6 months in men.
- Men whose PSA is greater than 2.5 will require a urological evaluation and clearance before testosterone HRT can be started. There is no evidence that testosterone therapy causes prostate cancer, and much evidence to the contrary (that it doesn't). Nonetheless, in the interest of safety and comprehensiveness this policy was established even though the upper limit of normal for PSA is 4.0.
- Men who wish to be evaluated for testosterone hormone replacement therapy should abstain from sexual activity for 48 hours prior to their evaluation to avoid adversely affecting their PSA value.
- Women must have a current normal Pap smear and mammogram before BIHRT.
- Women with a family history of breast cancer and other hormone responsive cancers are considered on an individual basis after thorough counseling and testing for estrogen metabolic breakdown patterns. Estrogen metabolism genomic testing is an additional option to help determine individual risk in certain cases.
- This service (BIHRT) will not be offered to smokers because of the increase risk of blood clots. Besides, smoking is a toxic habit that runs counter to health and wellness and will therefore diminish the results of any efforts to help patients achieve a state of optimum health and wellness.
- Patients must be completely smoke free for at least 30 days before BIHRT will be considered. Previous smokers must remain smoke free while on BIHRT; otherwise the therapy will be terminated.
- Stress hormone profile (cortisol and DHEA) will often need to be assessed when evaluating the complete symphony of hormones.
- The thyroid gland is screened in all patients on bioidentical hormones.
- To facilitate your consultation, please complete the necessary questionnaires and bring them with you, fax them, or mail them before you arrive. If possible, bring or send a copy of your medical record summary as well.
- Bring all of your prescription and nonprescription medication as well as all of your vitamins, herbs, and supplements if any.
- If you're currently taking synthetic hormones and want to be considered for bio-identical hormone replacement therapy you should discuss discontinuing your current hormones with your doctor. It is preferable to allow the synthetic hormones to clear out of the system a few weeks before starting BIHRT.

Dr Joseph White and his OHI staff welcome you to the anti-aging/wellness practice and look forward to offering you the highest quality of medical care and customer service.