

The diagnosis and treatment will involve many components including your symptoms, confounding medical issues or medications, blood levels, physical exam, response to therapy, possible side effects, individual reaction/response to therapy, and other information. Your blood levels may fall into “normal” lab reference ranges, which may not in our opinion, reflect your deficiency.

We also feel it is important that you know there are significant medical differences of opinion/controversies the best method to diagnosis and treat low hormone levels, whether or not blood tests are needed at all, the best methods of treatment, and the most appropriate way to monitor dosage and therapy. This is especially true when “standard” blood tests are “normal,” meaning that the result is within the normal laboratory reference range for the test. The diagnosis and treatment used may be considered non-conventional, complementary or alternative. Other physicians may disagree with the need for treatment at all, the method of treatment, dosing and/or the methods of monitoring. Thus, you may consult another doctor who does not agree with our diagnosis or therapy.

Expected Benefits of Hormone Replacement Therapy may include:

- Control of symptoms associated with declining hormone levels.
- May help prevent, reduce or control physical disease and dysfunction associated with declining hormone levels.
- I have been fully informed, and I am satisfied with my understanding, that this treatment may be viewed by the medical community as new, controversial and unnecessary.
- The long-term effects of these hormones have not been established, particularly as it relates to breast cancer, and cardiovascular disease and thrombosis
- I understand that my healthcare provider cannot guarantee any health benefits or that there will be no harm from the use of hormone replacement therapy.

Risks and Side Effects of Hormone Replacement Therapy may include:

- Route of Administration
 - I understand that the general risks of injections may include, but are not limited to bleeding, bruising, scarring, extraction, soreness or pain, and infection.
 - Topical creams can be transferred to other individuals and result in a local skin reaction.

Benefits and Potential Risks/ Side Effects of Individuals Hormones

- Testosterone:
 - A prescription hormone given by injection, troche, or transdermal cream.
 - It is not FDA approved for women and is considered “off-label” use for symptomatic improvement in women
 - **Potential benefits:** increased libido, energy and sense of well-being, decreased frequency/severity of headaches, sensitivity, improved lipid panel, decreased risk of dementia, decreased bone loss, improved cognition and memory and help with sleep issues, reduced risk of reproductive cancers, reduced risk of cardiovascular diseases.
 - **Risks of testosterone replacement may include, but not limited to:** an increase in red blood cells (erythrocytosis) reduced insulin requirement in insulin-dependent diabetes, increased estradiol levels, edema (fluid retention), reproduction cancers, and cardiovascular diseases.

Side effects may include, but not limited to: enlargement clitoris, hair loss, temporary water retention, and acne, irritability, and voice changes. These are mostly dose related and usually resolve with reduction in dose. **Premenopausal females MUST use birth control. Theoretically, testosterone can masculinize a female fetus.**

- Estrogen (estradiol and/or estriol):
 - A hormone prescription, given by oral tablet, cream, patch or troche.
 - **Potential benefits:** increased libido, sense of well-being, increased energy, decreased hot flashes/night sweats, decreased vaginal dryness, decreased risk of heart disease and cardiovascular disease when started in the first 10years of menopause, decreased risk of dementia, decreased bone loss, improved cognition and memory, help with sleep issue, helps with urinary incontinence.
 - **Risks of estrogen replacement include, but are not limited to:** heart attacks, blood clots formation, stroke, breast cancer, liver disease, gallstone, increased risk of uterine cancer, and fibroid tumors.
 - **Side effects may include, but are not limited to:** increased body fat, bloating, breast swelling/tenderness, fluid retention, uterine bleeding, depression,

headaches, impaired glucose tolerance and aggravation of migraines.

- Progesterone:
 - A hormone prescription, given orally or by transdermal cream.
 - **Potential benefits:** protection from estrogens effect on the uterus and breast swelling/tenderness, fluid retention, urine bleeding, depression, headaches, impaired glucose tolerance and aggravation of migraines.
 - **Side effects can include, but not limited to:** acne, drowsiness or dizziness.
 - **Progesterone** has not been shown to cause any risks of breast cancer or other medical problems have not been definitively proven.
- Dehydroepiandrosterone- DHEA:
 - DHEA is classified as a dietary supplement given orally or by transdermal cream.
 - **Risks of DHEA replacement include but are not limited to:** worsening of certain cancers and should be avoided in women with breast cancer.
 - **Side effects of DHEA replacement are generally dose related and may include but are not limited to:** acne or oily skin, hair growth on the face, arms, legs, acne in women, prostate enlargement in men, male pattern baldness, decreased HDL cholesterol, fatigue, mood changes, weight gain and insomnia.

Alternatives to Hormone Replacement Therapy

I understand the alternatives to bio-identical hormone replacement therapy include, but not limited to:

- Leaving hormone levels as they are and not doing anything. Risks may include. Not limited to: experiencing symptoms of hormone deficiency, and increased risk for aging-related diseases or dysfunction resulting from declining hormone levels. This alternative may result in the need to treat diseases or dysfunctions associated with declining hormone levels.
- Treating the symptoms of declining hormone levels as they develop with non-hormonal therapies such as SSRI's (antidepressants), sleeping pills, and herbal therapies, essential oils, lifestyle modifications such as weight loss, stress

reduction, yoga, etc.

- Many of these hormones are used “off-label,” which means they are not FDA approved. Many of these hormones are made by a compounding pharmacy. Off-label refers to use of, relating to or being an approved drug legally prescribed for a purpose for which it is not been specifically approved.
- Seeing another provider who believes in using non-bioidentical synthetic hormones such as Premarin and Prempro or other therapies FDA approved therapies for menopause.

Print name: _____

Patients Signature: _____

Physicians Signature: _____

Witness: _____