



Dr. Techy says,
"Replace hormones
as long as serum
levels are low."

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BULLETIN 20

COMMON QUESTIONS
SERIES NO. 10

HOW LONG SHOULD HORMONES BE REPLACED

FACTS THAT MATTER

- ❖ HORMONE REPLACEMENT WITH BIOIDENTICAL HORMONES IS FAR SAFER WITH FEWER SIDE-EFFECTS THAN OPIOIDS, ANTI-DEPRESSANTS, AND NEUROPATHIC AND ANTI-INFLAMMATORY AGENTS. PERIODICALLY TEST HORMONE SERUM LEVELS SINCE RISKS SUCH AS CANCER OCCUR WITH EXCESS, HIGH SERUM LEVELS.
- ❖ REPEAT HORMONE TESTING TO ADJUST HORMONE DOSAGES UP OR DOWN TO MAINTAIN A NORMAL SERUM LEVEL.
- ❖ THERE IS NO TIME LIMIT ON HORMONES AS PAIN AND MEDICATION REQUIREMENTS MAY BE LIFE-TIME.

RECOMMENDED ACTIONS

1. Retest hormone levels every 1 to 3 months after starting replacement.
2. If the patient is on opioids, have the patient progressively reduce their daily opioid dosage (particularly long-acting or intrathecal opioid) to reduce suppression of the hypothalamic-pituitary-adrenal-gonadal axis.
3. If the patient's serum level of a hormone normalizes, attempt to stop the hormone to see if the patient can maintain a normal level.

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**Information
Network**

Dr. Hormone says,
"Attempt to maintain the
patient on hormones with
as little prescription
medication as possible."

