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BULLETIN 28

Dr. Techy says,

"Remember, bioidentical hormones are a lot safer than antidepressants, anti-inflammatories, neuropathic agents, and opioids."

HOW LONG SHOULD PATIENTS STAY ON HORMONES?

ANSWER

As long as they help control pain or improve functions. Some patients may only need a few months. Others a life-time.

TIP ON STOPPING HORMONES

If a patient's serum level returns to normal, you can attempt to taper down or stop a hormone. Be prepared, however, for pain to flare and complaints of fatigue and poor function if you taper and/or stop too abruptly.

TIP ON LONG-TERM MAINTENANCE

If the patient feels benefit in pain relief, energy, or a physiologic function, and the serum level remains in range, you can leave the patient on a hormone indefinitely.

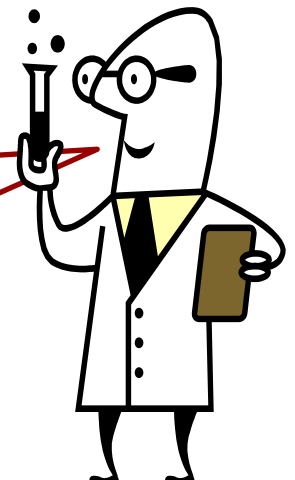
PHYSIOLOGIC FACT

Pain is a stressor on the hypothalamic-pituitary-adrenal-gonadal system. Constant or daily pain may drain hormone reserve in any gland in this system and require sub-replacement as long as pain persists.

Contact Information:
Tennant Foundation
334 S. Glendora Ave.
West Covina, CA 91740-3043
Ph: 626-919-7476
Fax: 626-919-7497
E-mail: veractinc@msn.com

Dr. Hormone says,

"As long as a patient has daily pain, he/she will, most likely, need to remain on 1 or more hormones."



**Information
Network**