



I have learned to start hormone replacement at very low levels. The old adage, "start low and go slow" could not be more applicable.

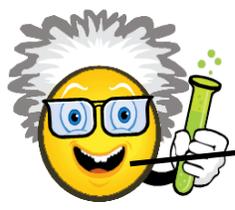
Why? It appears that severe, chronic pain patients have slowly and progressively reduced their hormone reserves and serum levels. In this process, their hormone receptors have down-regulated and will not appropriately react to very high dosages. Consequently, if you initially administer too high a dosage, the patient may develop such ill-effects that they won't cooperate. Here are my low replacement starting dosages. I raise dosages every 2 to 4 weeks and retest every 1 to 2 months until serum levels are normal.

- SYMPTOMS OF HORMONE OVERDOSE**
- ✓ Dysphoria
 - ✓ Dizziness
 - ✓ Headache
 - ✓ Nausea
 - ✓ Myalgia

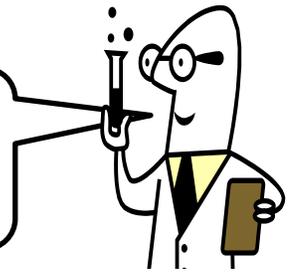
HORMONE	DAILY STARTING DOSAGES FOR LOW SERUM LEVELS
PREGNENOLONE	25 to 50 mg BID
DHEA	25 to 50 mg BID
CORTISOL	Hydrocortisone – 2.5 to 5.0 mg BID Cortisol – Compounded – 3.0 to 5.0 mg BID
PROGESTERONE	Progesterone – 100 mg a day Medroxyprogesterone – 10 to 20 mg a day
ESTRADIOL	0.5 to 1.0 mg a day
TESTOSTERONE - MALES	Commercial topicals, patches, buccal. Follow the label Injectable in Oil – 100 to 200 mg a month
TESTOSTERONE - FEMALES	20 to 25% of the male dosage

Doses are oral unless otherwise stated.

Special Notes: I only start the hormones listed in the Table when I have a low serum level. Thyroid is an exception. I will sometimes start bioidentical thyroid, 1 gr a day, with a normal T₃ and T₄, if there are symptoms of hypothyroidism such as dry skin, loss of eyebrows, swollen eye lids, fatigue, or hyporeflexia. For reasons I can't explain, hydrocortisone may not raise serum cortisol levels in some severe, centralized pain patients. I, therefore, use a lot of bioidentical, compounded cortisol. I avoid methylprednisolone, prednisone, and triamcinolone for replacement purposes.



Dr. Techy says, "Bioidentical is sound and safe."



Dr. Hormone says, "Start low. Go slow. Follow with serum levels."



Tennant Foundation

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