



**Are There Complications of Hormone Replacement In Pain Patients?**

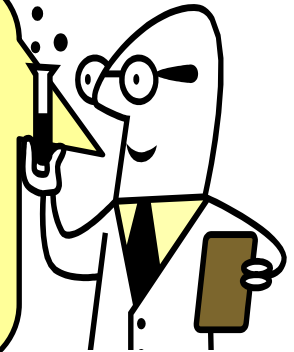
**This often-asked question deserves this serious answer:**

Very doubtful if replacement is done only after serum testing shows a deficiency and repeat testing is done to insure that hormone levels remain in normal serum range.

The fright over hormone replacement can be traced to estrogens and progestins causing breast or ovarian cancer that were given to women without prior or follow-up serum testing. Even the recent studies indicating a possible link between cardiac disease and testosterone were done in men who were given testosterone without the benefit of documenting a medical need by first documenting a deficiency by serum testing.

**Dr. Hormone says,**  
**“Follow these rules:**

- (1) Test first;**
- (2) Replace deficiencies;**
- (3) Test later to stay in normal serum range.”**



**TIPS TO HELP SAFETY:**

- 1. HORMONE HOLIDAYS**
- 2. BIOIDENTICAL HORMONES**



**Dr. Techy says,**  
**“Take advantage of today’s testing technology.”**

**Bottom Line:** There are no reports of hormone complications when serum testing documented a deficiency prior to replacement and follow-up testing was done to keep hormone levels in normal serum range.



**Tennant Foundation**

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