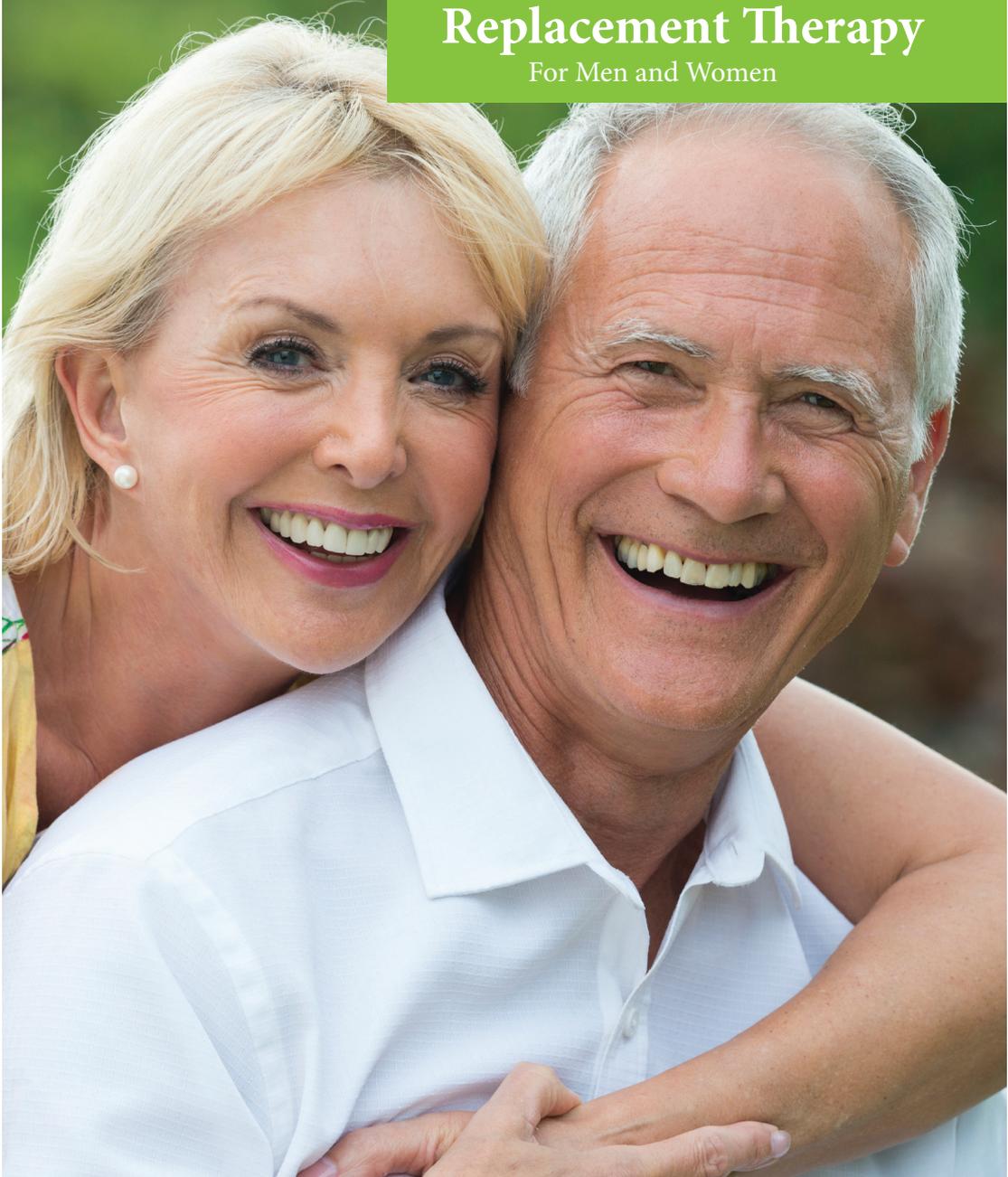


# Bioidentical Hormone Replacement Therapy

For Men and Women



Aesthetic  
Medicine  
SOUTHWEST MONTANA



**W**elcome to our Aesthetic Medicine practice where we will be introducing our clients to bioidentical hormone replacement. The simplest definition to our approach is analyzing and replacing biologically active hormones to their peak levels during early adulthood. The hormones we will be working with are testosterone, progesterone, estrogen, DHEA and thyroid hormone.

Conventional medicine has always held the belief that aging is inevitable and that the progressive deterioration that occurs in adult years cannot be altered. This paradigm is simply incorrect. Fortunately, there is an exciting revolution in science and medicine that identifies hormone replacement as preventative medicine.

## What is Bioidentical Hormone Replacement Therapy

**H**ormones are either proteins or derivatives of the cholesterol molecule. These molecules are manufactured in the endocrine glands which include adrenal glands, ovaries, testes, thyroid, pancreas and the pituitary gland in the brain. When these organs begin to show signs of age related dysfunction the bioactive level of hormones begin to diminish. In addition, as we age, specific receptor sites for these hormones begin to change and become less sensitive to the active hormone for that site. Whether the problem is low hormone or hormone resistance, the solution is optimal hormone replacement. Our philosophy here at our clinic is to take a medically sound holistic approach to preventive medicine and optimal physical well being. Not only do we feel hormone replacement is medically sound but encourage optimal weight con-

trol, exercise, proper nutrition and avoidance of certain risk factors such as smoking.

A word about being medically sound. All of our advice and suggestions you will hear over the coming weeks are based on what is termed evidence based medicine. That is to say, if we suggest raising a certain hormone level, that decision is based upon well controlled studies that exist in the current contemporary medical literature. As we move forward we suggest that you ask Dr. Buss about these studies and why they are important.

What are bioidentical hormones? These are molecular structures that are **identical** to the molecule made in your own body. The building block for all the sexual hormones is the cholesterol molecule. In the female body cholesterol is converted into the three “sexual hormones”. By minor

changes in the actual cholesterol molecule the ovary (and adrenal gland) produces estrogen, progesterone and testosterone. Yes, women produce about a 10% level of testosterone as compared to men. In very specialized pharmacies the cholesterol molecule is used to fabricate these sexual hormones that are identical to the same molecules as found in the human body. Interestingly, the cholesterol molecule comes from a plant source. The most common source is often a commercially prepared product from the yam. Through a different mechanism, pharmacies also are able to produce a bioactive source for the thyroid hormone as well.

Why has bioidentical hormone replacement therapy become increasingly popular? The main answer can be traced back to the previous use of **Premarin and Provera**. These commercially produced synthetic hormones for estrogen and progesterone were derived from the urine of pregnant female horses. The products were prescribed by medical doctors for two decades around

the mid 1980s. Over time suspicious doctors began to notice a trend in their post menopausal patients taking these hormone replacements. The physicians noticed an increase in breast cancer rates, increase in heart disease and strokes and an increase in dangerous blood clots. Around 2002, several prestigious medical journals published a very important study involving 27,000 post menopausal women. The **Women's Health Initiative (WHI study)** showed conclusively that with the use of these medications breast cancer rates went up, heart disease rates went up along with strokes (CVA) and deep vein thromboembolisms (clot). These FDA approved medications were no longer being prescribed by physicians and in fact "hormone therapy" as an entity suffered unjustified critical scorn over the controversy.

Further studies were published in 2004 that conclusively delineated the exact culprit in increasing risks to woman: it was the commercially prepared **Provera**. Within a few years after these important studies

were released, scientists and clinicians began to search for a better alternative. Henceforth, the bioidentical hormone therapy model was born. Multiple well controlled and medically sound studies have shown that treatment with bioidentical hormones do not produce the adverse effects seen with the synthetic hormones. In fact , women using bioidentical estrogen and progesterone are seeing greater protection from the previous risks afforded by the horse urine hormones. Similarly, results for middle to late middle aged men using bioidentical testosterone are seeing similar protections against heart disease, strokes and decreased cognitive skills.

**Estrogen:** Bioidentical estrogen users (post menopausal) have half the risk of heart disease and strokes when compared to non users. Estrogen replacement makes woman feel better and healthier. Estrogen users stand taller and straighter and do not suffer from excessive bone loss (osteoporosis) Most women's post menopausal symptoms of hot flashes, vaginal dryness, difficulty con-

centrating and anxiety are ameliorated by bioidentical estrogen replacement. Estrogen has been shown to lower blood cholesterol and raise HDL (the good lipid)

**Progesterone:** Progesterone is produced in the ovaries and its role in human biology is to counter balance the effects of estrogen. It often relieves menopausal symptoms and protects against cancer. It produces a sense of overall well being and also can effectively treat PMS symptoms so often experienced by women. Lack of progesterone can cause or contribute to osteoporosis, heart disease and decrease in libido. Progesterone stimulates the osteoblasts in our bone marrow. These cells are responsible for new bone growth.

**Testosterone:** Optimal levels of this hormone results in greater and stronger muscle mass, increased lean body mass and decreased visceral fat. It improves body composition, prevents osteoporosis, curbs degenerative joint disease and of course increases libido and sexual drive. Men who use tes-

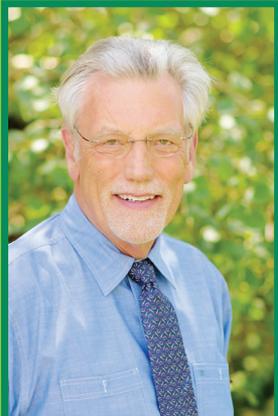
tosterone in later life report that they feel sexier, stronger and have increased vigor. Women who also experience signs of lower testosterone levels can see marked improvement by using low doses of this hormone as well. There is very good evidence that optimal levels of testosterone also decreases the risk of coronary arterial disease. It also has a positive effect on lowering cholesterol and raising HDL.

**Thyroid:** The thyroid hormone is responsible for temperature regulation, cellular metabolism, increased cerebral function. It increases fat breakdown and lowers cholesterol. It improves cerebral metabolism and prevents cognitive impairment. It combats symptoms of low thyroid such as thin brittle nail, thin skin and fatigue. Depression increases when people have low thyroid function. The goal is to identify those individuals with thyroid insufficiency and bring the active form of thyroid (T3) back to levels found in early adulthood.

**DHEA:** This compound is dehydroepiandrosterone. It is

produced in the adrenal gland and is derived from cholesterol. It is the most abundant steroid in the body. It is a building block for producing testosterone, estrogen and progesterone. The most important role of DHEA is to stimulate protein synthesis in the human cell. It has been shown to increase insulin sensitivity. It improves cell regeneration and improves the immune response to counteract disease. We only prescribe a pharmacy grade compounded product

**Lab work:** It is important to recognize that most of our success with you will depend on how we are able to manage and reduce certain symptoms related to hormone insufficiency. Your reduction of certain symptoms and improved quality of life will be our most important tool in monitoring therapy. That said, Dr. Buss will monitor certain levels in the blood stream as we move forward. The positive changes in lab reported hormone values will be essential is dosing patterns and making sure that we stay within optimal ranges for the different hormones.



---

Once again welcome to our practice. We will do everything possible to make this new endeavor enjoyable and rewarding. Our goal is to be the change agent to improve your sense of well being and quality of life. Feel free to contact Dr. Buss or one of our staff for any unexpected issues or medical questions.

Sincerely,

Ronald Buss, M.D.

Dr. Buss is a board certified Emergency Physician, he has been practicing Emergency Medicine for the past 35 years. He & his wife Diane are the owners of Aesthetic Medicine. He is also the Medical Director for Go Figure Weight Loss in Bozeman & Billings Montana.

---

**Bioidentical Hormone Replacement Therapy  
offered in Bozeman & Billings Montana**

**Please call 406-586-9229 for more details.**



**Aesthetic  
Medicine**  
SOUTHWEST MONTANA

2006 Stadium Dr #101,  
Bozeman, MT 59715  
[aestheticmedicineswmontana.com](http://aestheticmedicineswmontana.com)  
P: 406-586-9229 F: 406-586-9898