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## **Consumers, Media Still Confused About Hormone Replacement Therapy**

**JACKSONVILLE BEACH, Fla. (February 3, 2011)** – Although growing evidence about the risks of breast cancer and its link to synthetic hormone replacement therapy has led many women to give up the drugs, most women (and media) are unaware that bioidentical hormone replacement therapy is a safe and effective alternative for treating hormone imbalances and menopausal symptoms.

A recent study published by the Journal of the National Cancer Institute and profiled by the Wall Street Journal on January 28, 2011, found that women who took hormones early in menopause were more likely to get breast cancer. Unfortunately the article fails to inform its readers of the difference between synthetic hormone replacement therapy (often reported by the media as “hormone replacement therapy”) and bioidentical hormone replacement therapy (BHRT) thus adding to the confusion.

C.W. Randolph, Jr., M.D., R.Ph., board certified physician and nationally-recognized expert in the field of hormone health urges women to research their options when it comes to hormone replacement therapy. “A lot of women and even their physicians are still uncertain about the difference between synthetic and bioidentical hormones,” Dr. Randolph comments. He explains the human body produces three sex hormones: estrogen, progesterone and testosterone. Each of these hormones has a unique molecular structure the human body recognizes, receives and utilizes at a cellular level. Synthetic hormones, such as the popularly prescribed Premarin family of products, are manufactured to have a slightly different molecular structure than the hormones produced within the human body. “Why? So they can be patented, says Randolph, “Unfortunately, evidence shows the slight changes in molecular structure trigger dangerous and even deadly side effects when introduced into the human system.”

“Bioidentical hormones, on the other hand, are synthesized in a laboratory to have exactly the same molecular structure as the hormones produced within the human body. When introduced into the human system in physiologic doses, bioidentical hormones are effectively recognized and received. Menopausal symptoms are safely alleviated and, at a cellular level, optimal healthy hormone balance is restored and breast tissue is protected.”

Dr. Randolph urges women to research their options when it comes to hormone replacement therapy. “There is a wealth of new research available to reassure women that BHRT is a smart choice. While most physicians and now lay persons are now aware of the significant clinical studies irrefutably linking long-term use of synthetic hormones to an increased risk of breast cancer, heart disease, blood clotting, stroke, Alzheimer’s disease, and other health problems, the medical community is only recently becoming aware of groundbreaking clinical

evidence of the health promoting properties of safe, effective bioidentical hormone including reduced risk for breast cancer, cardiovascular disease, Alzheimer's disease, diabetes, osteoporosis, as well as improved brain and nervous system function and quality of life. In addition, bioidentical hormone replacement therapy has been used for decades both in Europe and here in the U.S. with virtually no documented side effects.”

### **Resources**

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Holtorf K. The Bioidentical Hormone Debate: Are Bioidentical Hormones (Estradiol, Estriol, and Progesterone) Safer or More Efficacious than Commonly Used Synthetic Versions in Hormone Replacement Therapy? *Postgrad Med* 2009;121(1):1-13.

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### **About Randolph Medical Enterprises**

Randolph Medical Enterprises is a healthcare company defined by both an unrelenting attention to clinical excellence in the field of gynecology medicine and unparalleled passion and commitment to inform and empower not only our patients, but also women, men and medical professionals across America – about the safety and medically proven health benefits of bioidentical hormone replacement therapies (BHRT), vitamins and other nutritional supplements. Their mission is fulfilled through the company's four business entities; Dr. Randolph's Ageless and Wellness Medical Center, in-house compounding dispensary, Natural Medicine Store and Natural Hormone Institute.

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