

# All About The Buzz On Bioidentical Hormone Therapy

## Common Myths and Facts Every Woman Must Know

(NAPSA)—If you are starting or have started the transition to menopause, you may be wondering if you should take menopausal hormone therapy to reduce your menopausal symptoms. You may also be feeling confused about terms that are being discussed in the media like “bioidentical hormones” (an exact copy of hormones produced by the body, usually referring to hormone medications containing estradiol or progesterone) or “compounded hormones” (menopausal hormone preparations compounded for a specific person as an alternative to FDA-approved hormones).

To help provide clarity to women about the many common misunderstandings about menopausal hormone therapy, and to educate about the importance of using FDA-approved products prescribed by your healthcare professional, *The Female Patient*®, a leading medical journal, and Red Hot Mamas®, a menopause education organization, along with Elizabeth Lee Vliet, M.D., women’s health physician, hormone therapy expert, author and radio show host, created a new multimedia program called *The Buzz on Bioidenticals*. The new program is available online by visiting [www.thebuzzonbios.com](http://www.thebuzzonbios.com) and is supported by an educational grant from Ascend Therapeutics, Inc. By visiting the program’s online site, you will find a new educational tool kit, including a special digital edition of *The Buzz on Bioidenticals* magazine, advice from well-known experts, a question and answer section and more. Women can also discover common myths and learn important truths about bioidentical hormone therapy.

### Common Myths and Facts

• **Myth No. 1:** You can only get bioidentical hormones from compounding pharmacies.

Fact: There are many FDA-

approved bioidentical hormone products available by prescription at your local pharmacy in various doses.

• **Myth No. 2:** Hormone therapy prescribed by traditional physicians is not bioidentical.

Fact: Your physician can prescribe FDA-approved bioidentical hormones, usually covered by most health insurance plans.

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**“The decision about whether to take hormone therapy for menopausal symptom relief — and what option is best — is a very personal choice, and we want to arm women with the tools they need to take charge of their menopausal health,” says Margo Ullmann, publisher of *The Female Patient*.** 

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• **Myth No. 3:** Bioidentical hormone therapy obtained from a compounding pharmacy is natural.

Fact: Compounded hormones are no more “natural” than FDA-approved bioidentical products.

• **Myth No. 4:** Bioidentical hormone therapy obtained from a compounding pharmacy is safer than FDA-approved hormone therapy products.

Fact: Compounded products are less reliable and can vary greatly in doses, potency and stability compared to FDA-approved hormones. FDA-approved products have been tested in many clinical trials on real women, and only contain the estrogen estradiol. Some compounding pharmacies use estril, a hormone that is not FDA-approved.

### Doctors Know

You don’t need to go to a compounding pharmacy to obtain bioidentical hormone therapy, according to Dr. Vliet, founder of HER Place: Health Enhancement Renewal for Women, Inc. Many FDA-approved hormone therapy products are bioidentical, including transdermal formulations that

contain estradiol (or progesterone) and are absorbed through the skin. Transdermal products have several advantages over oral products, and clinical studies show that they may also have fewer side effects, including a possible lowered risk of blood clots. You should talk to your healthcare provider about what option is best for you.

### What Else To Do

Karen Giblin, president and founder of Red Hot Mamas, gives some additional tips to minimize hot flashes in addition to hormone therapy, including:

- Keep your rooms cool, especially at night;
- Wear lightweight clothes in layers so you can take them off as needed;
- Use a small personal fan to cool off;
- Keep a glass of ice water handy to drink when you feel a flash coming on.

### Learn More

“We know from our clinician readers that women are confused about terms like ‘bioidentical hormones’ that are being discussed in the media, and we want to help women get the facts,” explains Margo Ullmann, publisher of *The Female Patient*. “The decision about whether to take hormone therapy for menopausal symptom relief — and what option is best — is a very personal choice. Through *The Buzz on Bioidenticals*, *The Female Patient*, Red Hot Mamas and Dr. Vliet’s HER Place hope to provide women with the tools they need to work with their healthcare professional to take charge of their health at menopause.” Visit [www.thebuzzonbios.com](http://www.thebuzzonbios.com) today to learn all about the buzz on bioidenticals and become a *Buzz Member*. You can also follow *The Buzz on Bioidenticals* on Twitter and Facebook to receive up-to-date information about menopausal hormone therapy.