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All clear for hormone replacement therapy

New evaluations of data from 30 studies at approx. 30. 000 women after menopause show that mortality under hormone therapy is reduced by 40%, especially when therapy is started under 60 years.

In these women, according to a study by the WHO, not only the general mortality decreased, but also the mortality for breast cancer, heart attack, colon cancer and osteoporosis.

Reducing these risks was the greater the longer estrogen therapy was performed!

For women, the main reasons for treatment are:

In addition to menopause-b, the prevention of osteoporosis is the most important.

According to the above data, the benefits must generally prevail if estrogen treatment is not started too late.

In the WHI study, there was only one risk for women under 60 years of age, namely the increased risk of thrombosis. This risk has been known for years and can be reduced by using lower dosages or by applying hormone patches or gels to be used through the skin.

The congenital propensity to cause blood clotting disorders



can be detected largely safely by interviewing family history and by special laboratory studies.

No better alternatives in conventional medicine

There are therefore no alternatives in conventional medicine for the treatment of discomfort by modification and the prevention of the consequences of estrogen deficiency with a more favorable benefit/risk profile than hormone replacement therapy.

This is the finding of all experts specialising in hormone therapy as well as of the relevant German specialist societies.

Leading experts therefore note:

"the dangers of estrogen therapy are overestimated, hormones do not trigger tumors!"

Health insurance companies in conflict of interest

In press releases that refer to the dangers of hormone therapy, reference is made again and again to the "Scientific Institute of the AOK - WidO" in Germany.

Keep in mind: This institute is the establishment of a German health insurance company, which is supposed to manage the contributions of its members to cover medical expenses.

However, this institute spreads warnings about hormone replacement therapy throughout Europe. This is despite the fact that scientific research is not actually carried out by health insurance companies, but by universities and research institutions!

Health insurance companies are commercial enterprises!

Therefore, the health insurance funds must also pursue economic interests. Their efforts to save costs by reducing hormone therapy are evident from many of their actions.

The Professional Association of Gynaecologists will continue to advise on the recommendations of the real hormone experts – and:

You should do the same!



What women should know about hormone replacement therapy and effective alternatives

Dear Patient,

This presentation provides you with important information that will support you in your personal decision whether to start or continue with hormone replacement therapy. You should make this important decision in a joint conversation with your gynaecologist. Medicine is also undergoing constant change. This presentation corresponds to the current state of medical research and practice.

In order to be able to make a sensible decision about the treatment with hormones together, we ask for your cooperation: Answering the enclosed questionnaire about your complaints and wishes is crucial for your individual care.

Please read the information and questions carefully and then decide together with your gynaecologist. Pay attention to who advises you. The competent contact person is your gynaecologist, not the family doctor, not the media (magazines and television) and certainly not your health insurance company!

The menopause (climate)

Women undergoing change between the ages of 45 and 55, also known as the climate. During this period, the formation of sex hormones is gradually reduced until it is finally stopped almost completely. First there is a decrease of the yellow body hormone (progesterone), subsequently the estrogens and finally the male hormones (androgens).

Changes in hormone balance lead to physical and psychological symptoms in many women. Irregular bleeding, sudden heat changes, sweat outbursts, sleep disturbances and mood swings often occur.

Impairment of general well-being, including sexuality, can be the result. The duration and intensity of complaints vary. Many women suffer from significant reductions in the quality of life.

The amendment is a natural phase of the female life and not every woman needs treatment. On the other hand, the complaints can assume such a large extent that treatment becomes inevitable. In this case, a significant improvement can be achieved through hormone replacement therapy.

What are hormones?

Hormones are vital messenger substances that are formed in various organs (glands) of the

body. They are involved in many metabolic processes and are essential for this. Female sex hormones are not only essential for reproduction and pregnancy. They stabilize bone strength and have positive effects on the cardiovascular system as well as the texture of the skin and mucous membranes, including on the vagina and bladder.

In addition, hormones are important for brain performance (e.g. memory, concentration), the psyche, general well-being and sexuality.

When should hormones be used during menopause?

The decision on treatment can only be made depending on the individual complaints. A decrease in bone density can only be detected by repeated bone density measurements.



Benefits of Hormone Replacement Therapy

For the following menopause symptoms, hormones are the most effective treatment:

- Flushing
- Welding outbursts
- Dryness of the vagina and related complaints
- Symptoms such as mood swings and sleep disorders can be improved by hormone replacement therapy.
- The likelihood of developing colorectal cancer is reduced in women receiving hormone therapy with estrogens and yellow body hormones.
- Hormone replacement therapy improves bone strength and reduces the frequency of bone fractures. Only because of the beneficial effect on bone strength, however, hormone therapy should only be used exceptionally after careful individual benefit/risk assessment. Hormone treatment is therefore possible if there are intolerances or contraindications to other treatment options or if the menopause occurs particularly early.

Risks of hormone replacement therapy

The probability of some diseases is increased when using hormone replacement therapy or certain forms of hormone replacement therapy. However, the risk increase is very low if hormone therapy is used correctly.

These diseases include blood clotting disorders with the risk of thrombosis and embolism, stroke and possibly, in rare cases, heart attack, but probably only at pre-existing increased risk (family risk, obesity, lack of exercise and nicotine) and when combined with certain yellow body hormones.

When using a therapy exclusively with estrogens, a risk reduction for breast cancer was noted. A statistically defined observation period post-whitening risk increase for breast cancer cannot be ruled out with several years of use of estrogen-yellow body combination therapy, but much lower than, for example, due to lack of exercise.

A much greater risk reduction for breast cancer can be achieved through lifestyle (avoiding alcohol, nicotine, and excessive meat consumption, preference for vegetable proteins and exercise).

Benefits and risks are to be assessed differently and individually for each woman.

You should decide on hormone replacement therapy or its continuation and duration together with your gynaecologist.

In addition, the need to continue or change hormone replacement therapy is carefully reviewed as part of the annual control, which is required for your safety regardless of hormone replacement therapy.

Your Dr. Grahle

special reasons for hormone replacement therapy and/or for effective supplements (vegetable or homeopathic) even in today's physical well-being:

- ☒ Improving your cholesterol and blood lipid levels
- ☒ Reducing your risk of high blood pressure and heart attack, longer life expectancy
- ☒ more favorable development of your weight, your body fat distribution and your risk of altered diabetes
- ☒ Reducing your colorectal cancer risk
- ☒ Reducing your risk of developing or progressing a bladder weakness
- ☒ Reduce your risk of developing or progressing bone descaling
- ☒ Maintaining your physical and mental capacity, avoiding insomnia