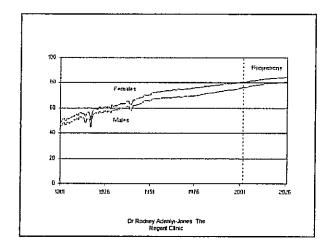
MENOPAUSE..

ANDROPAUSE...

LIFE PAUSE?

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At Age 50

- Life Expectancy for men is 27.9yrs
- Life Expectancy for women is 32.1yrs

Well over one third of our life left to go

The single risk factor that correlates most powerfully with probability of death is AGE

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Amazon global sales February 2004 7th biggest seller:

'The Sexy Years' by Susanne Somers

a book on bioidentical HTR for both sexes

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Menopause Survey 2003 Journal of American Menopause society

- 16% reported no symptoms at all
- 45% did not seek healthcare
- 46% used complementary therapies
- Most common symptom was hot flushes 62%
- Average severity scores higher in women who used both therapies

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Menopausal Symptoms

- Irregular periods
- Hot flushes
- Reduced libido
- Vaginal atrophy
- Disturbed sleep
- Depression
- Fatigue
- Osteoporosis

- Irritability
- IHD & atherosclerosis
- Joint stiffness
- Dry thin skin
- Hair loss
- Impaired concentration
- Sarcopaenia

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Male Menopause Symptoms

Sarcopaenia

 Impaired concentration

Thin skin

Irritability/depression

- Reduced libido
- Erectile dysfunction
- Disturbed sleep
- Depression
- IHD & atherosclerosis
- Osteoporosis
- Central obesity Prostate enlargement

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Life Pause

These symptoms, when severe, will stop you 'living your life'

Some of them pass off with time, some do not

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Menopausal Symptoms

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Male Menopause Symptoms

- Reduced libido
- Sarcopaenia
- Erectile dysfunction
- Irritability/depression
- Disturbed sleep
- Impaired concentration
- Depression
- IHD & atherosclerosis = Thin skin Osteoporosis
- Central obesity
- Prostate enlargement

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Main Approaches Advocated

- Nutrients and herbs
- Bioidentical Hormone replacement
- Pharmaceutic! HRT

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Pharmaceutical HRT

- 17β-Estradiol
- Progestagens
- Conjugated Estrogens (Premarin)

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Current Concerns with HRT

- Breast cancer risk increase 20% after 4 years 42% after 10 years Colditz et al. 1995, Smart et al. 1997
- Ovarian cancer risk increase 40 − 70% Rodriguez et al. 1996
- Risk increase for stroke, MI pulmonary embolism after 5 years
 Rossouw et al. 2002

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A useful approach

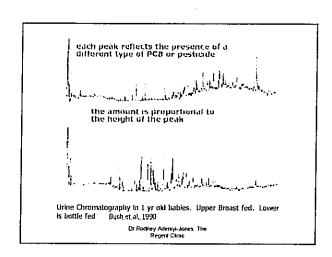
- Nutrients
- Homotoxicology
- Herbs
- Bioidentical HRT
- Detoxify / alkalize
- Treat hidden infection
- Stress management
- Adrenal support
- Lifestyle changes
- Exercise
- Cognitive enhancement strategies

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Endocrine Disruptors

- Widespread pollutants with Endocrine Disrupting effects
- Cause health problems at very low doses
- Accumulate in the body with age
- Enormous complexity of interaction

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Endocrine Disruptors

- **■** Persist in the environment
- Bioaccumulate up the food chain
- Non-motonic dose-response
- Effects additive or synergistic

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Endocrine Disruptors

- Mimic hormones strongly or weakly
- Compete for receptor binding
- Inhibit binding
- Alter synthesis of hormones
- · Affect secretion of hormones
- Change binding to carrier proteins
- · Alter metabolism/breakdown pathways
- Modify receptor numbers
- Affect hormone-dependent gene expression
- Affect hormone as a Inhibit DNA transcription by Recomp Ademy-Jones The Regest Cliric

Endocrine Disruptors

Linked to:

- Reproductive disorders
- Immune system dysfunction
- Certain cancers
- Congenital birth defects of the penis
- Neurological effects in humans and wildlife
- Low IQ
- Falling sperm counts
- Early puberty in young girls

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Endocrine Disruptor Sources

- Pesticides
- Plastics and plasticisers
- Pharmaceuticals
- Household chemical products
- Industrial chemicals
- Heavy metals

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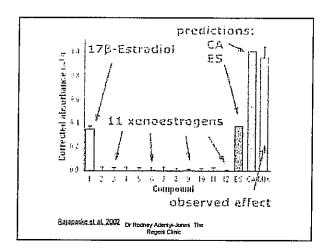
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What they Disrupt

Substances/groups with well demonstrated effects on:

Thyroid function – 36 Androgen function – 15 Estrogen function - 44

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A useful approach

- Nutrients
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Principle of Functional Medicine

If a woman enters the menopause with:

Chronic Yeast Syndrome

or

Adrenal Exhaustion

She will have a bad time

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Investigations

- LH luteinizing hormone
- FSH follicle stimulating hormone
- Estrogen
- Progesterone
- Prolactin
- Thyroid hormones
- Bone density scanning
- Osteoporosis profile/deoxypyridinoline

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Investigations

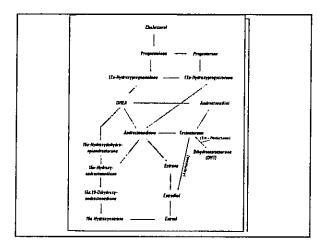
- Testosterone
- DHEA

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Heel Menopause Protocol

- Ovarium Comp 2-3/wk for 2 -3 months then break and repeat.
- KlimaktHeel tabs for hot flushes 1 tds
- Gynaecoheel 10 drops tds
- Nervoheel 1 tds emotional disturbances
- Ypsiloheel autonomic regulation
- · Tonsilla comp for adrenal support
- · Thyroidea compositum for thyroid symptoms
- Testis comp for low libido etc 1 3 a week for 6 weeks

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Bioidentical Hormone Replacement

Tri-est:

- Estriol 80%
- Estrone 10%
- Estradiol 10%
- Progesterone (cream or micronized caps)

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Estrogen Carcinogenicity

- High E2:E3 ratios predict cancer weak Further metabolism in tissues and liver is the key:
- 16-hydroxy metabolites are 'toxic super estrogens'
- 4-hydroxy metabolites also harmful
- 2-hydroxy metabolites are not harmful

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Protection from Estrogens

- Indole-3-carbinol increases use of the 2hydroxy pathway for estrogen metabolism
- It should be taken with any exogeneous estrogen – even with pharmaceutical HRT

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Nutrients

- Vitamin E
- Calcium, Magnesium, Vitamin d3
- Antioxidants
- Omega-3 EFA, omega-6
- High potency B complex
- Bioflavinoids

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Herbs

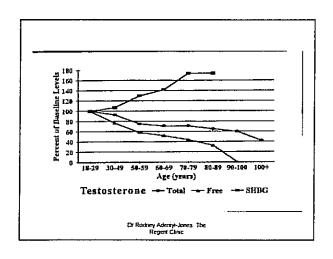
- Soy Isoflavones
- Black Cohosh (Remifemin)
- Licorice Root
- Dong Kwai
- Vitex Agnus Castus

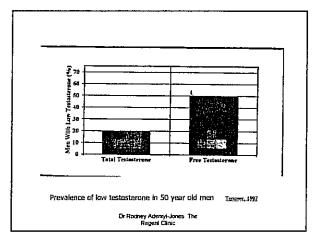
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If a person does need hormones

The aim should be to minimize the risk, educate the patient, and implement the steps indicated so that they can reduce the dose and stop the hormones in a short time

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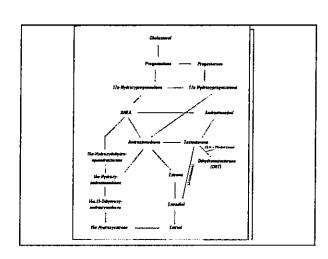




Estrogen in the Male Menopause

- Estrogen levels do not fall, and may rise
- Men may have more estrogen than women of similar age
- In youth, estrogen modulates testosterone
- High estrogen blocks testosterone receptors, inhibits existing testosterone
- Suppresses pituitary drive
- Increases SHBG production

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Investigations

- Free Testosterone
- Estradioi
- SHBG
- Dihydrotestosterone
- DHEA
- PSA
- Thyroid function

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A useful approach

- Nutrients
- Homotoxicology
- = Herbs
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- Adrenal support
- Lifestyle changes
- Exercise
- Cognitive enhancement strategies

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Heel Protocol

- Testis Compositum 1 amp 3x/wk for 4 weeks
- Break for 8 weeks and repeat if needed
- Ubichinon comp,
- Selenium Homaccord (memory)10drps x 3/day
- Sabal Homaccord (prostate) 1 tab x 3/day
- Thalamus compositum (endocrine tonic)

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Natural Testosterone Support

- Physical Exercise will increases level of T
- Adequate protein keeps SHBG in check
- Soy and omega-3 oils check E2 and SGBG
- Indole-3-carbinol blocks E2, protects prostate
- Zinc enhances T production

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Herbs

- Nettles libido, prostate protection
- Chrysin best aromatase inhibitor
- Muira Puama tonic, libido

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Natural Testosterone

- Patches
- Creams & gels
- Sublingual tablets
- All need aromatase inhibitors
- Very close surveillance of prostate is essential

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Summary

- Although we are living far longer than before, we can live well
- Many people do not suffer for the Life Pause
- Everyone should to protect themselves against endocrine disruptors

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Summary

- There are many alternatives to hormones
- Ideally, hormones should be a last resort
- If the correct hormones are used with individualized testing and herbal/nutrient protection, they can be safe

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'We are playing with the most sophisticated orchestration. We are dabbling in a symphony for which we only know the first melody line. We don't know the harmony or the syncopation and all the instrumental texturing. Sometimes when we go interfere with the melody line, thinking we know the whole orchestration, we may ruin the whole composition. We don't understand enough to know what we don't know.'

J Bland 1998

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