



# The Apple Press

*Caring For Tomorrow Today*

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## About the *Apple Press*

**The newsletter of Preventive Medicine Group, the private medical practice of:**

**James P. Frackelton, M.D.  
Derrick Lonsdale, M.D.  
Stanley M. Gardner, M.D.  
Laura DeVincentis, N.D., L.Ac.  
J. Helen Kwon, M.D.**

**The practice emphasizes family care, healthy eating and nutritional supplements, healthy lifestyles, anti-aging medicine, energy medicine, acupuncture and preventive medicine. This complementary and alternative medical practice also offers non-surgical therapy as an option in the treatment of cardiovascular disease.**

**Published quarterly.**

Editor: Maria Ann Patrick

**Preventive  
Medicine Group**

33 Years of Caring For  
Tomorrow Today

## **Bioidentical Hormone Replacement Therapy**

Natural bioidentical hormone replacement therapy can be used as part of an antiaging program for women and men. Although hormone replacement therapy is most often thought of in a female context, many men benefit from additional testosterone (as do some women). The hormones DHEA, pregnenolone and thyroid also are important in an antiaging approach for both men and women.

In reference to women and hormones, several major research studies, especially the Women's Health Initiative (WHI) sponsored by the National Institutes of Health and the Heart and Estrogen/Progestin Replacement Study (HERS), revealed serious health concerns associated with conventional hormone replacement therapy. To consider these findings in light of alternative medicine, it is essential to understand the difference between conventional hormone use and natural bioidentical hormones.

Conventional hormone replacement therapy primarily uses synthetic hormones not found in nature or natural hormones not natural to a human being. For example, progestin is the conventionally used substitute for the hormone

progesterone. Drug companies do not use natural progesterone because the molecule for progesterone is found in nature and cannot be patented. Without patenting, the drug company cannot own the molecule. Anybody can use it and anybody can synthesize it. Consequently, there is no profit to be made. However, if the molecular structure is "tweaked" in a seemingly innocuous manner, there is now a new molecule that is a new product that can be patented and owned by a drug company for the potential of major profit. Progestins are an example of this. A "natural" hormone in the conventional sense is Premarin. Premarin is estrogen conjugated from the urine of a pregnant mare. It is a natural hormone, but not natural to a human being. All of the major studies on hormone replacement therapy have used conventional hormones, not natural bioidentical hormones.

Natural bioidentical hormones are hormones that are synthesized to be identical on the molecular level to the molecule of hormone as it is found in nature. A molecule of estrogen or progesterone synthesized to be bioidentical is the same molecular structure of estrogen or progesterone as found



## Bioidentical Hormone Replacement Therapy (continued)

in the human body. Consequently, there is the potential that the body's utilization of the hormones may be more natural without the side effects associated with conventional hormonal replacement therapy.

Conventional doctors do not usually use natural bioidentical hormones. Drug companies are often the primary educators for physicians on the use of hormone products. Research uses conventional hormones because there is money from the patented products to fund research. With research revealing serious safety concerns regarding conventional hormones, their use is being reevaluated.

The term "bioidentical" is a recently popularized term to describe something that alternative medicine physicians, including the physicians at Preventive Medicine Group, have been doing for years as natural hormonal replacement therapy for men and women. Testing is done for progesterone, estrogen, testosterone, DHEA, thyroid, and possibly growth hormone. Depending on the outcome of these tests, the doctor will write a prescription for the natural version of the hormone. These prescriptions are filled at a compounding pharmacy. Compounding pharmacies are not your typical neighborhood drug store. They are pharmacies that actually mix the special hormone formulation. There are a few compounding pharmacies in the Cleveland area as well as others throughout the country that do business via mail order.

The biggest criticism of natural hormones is that they have not been extensively researched. The reason for this, as described previously, is that they do not have financial backing due to lack of patenting. However, there have been some research studies done on the

natural hormones over the years and these studies do point to them being a safe product to use. Clinical experience and observations of alternative medicine practitioners using them also indicates that the natural hormones do not seem to have the side effects associated with the conventional hormones. It must be admitted, however that no hormone is without risk. Any well-administered natural hormone replacement program should be administered within the context of a healthy dietary lifestyle, a well-designed nutritional supplement program, testing and treatment for heavy metals, and a regular program of exercise. Of course, not smoking and avoiding other habits hazardous to one's health are also recommended.

Natural bioidentical hormones offer women a potentially safer option for hormone replacement therapy for menopausal symptoms and bone health. They also offer anti-aging potential for men and women. Hormone replacement therapy is all about balance. There are many hormones in the body, and although estrogen is most commonly linked with menopause, estrogen needs to be considered together with other hormone levels. Estrogen natural to the human body is not a single substance but at least three different forms: estrone (E1), estradiol (E2), and estriol (E3). Estradiol is the primary hormone secreted by the ovaries. Estrone is made from estradiol and hormone precursors and estriol is made from estrone and estradiol with the ovaries making a small amount directly. Estrone and estradiol are very effective in relieving symptoms of menopause but are associated with cancer. Estriol is a weaker estrogen but when used in higher doses can relieve menopausal symptoms. Research has indicated that estriol is not linked with increased cancer

risk and some early research indicates it might even help to prevent cancer and that the inclusion of estriol in an estrogen mix reduces the production of a cancer causing metabolite of estrogen. Taking natural progesterone along with the estrogen also reduces cancer risk. The physicians at Preventive Medicine Group use a combination of estrogens and progesterone. In some cases, natural progesterone by itself can be effective, especially in instances of menstrual irregularities in pre-menopausal women. Depending on individual need, other hormones as described earlier may comprise part of a person's total hormone program. Testosterone is considered the male hormone. However, just as men have small amounts of estrogen in their system, women have small amounts of testosterone. For some women, the inclusion of testosterone is a positive addition to their hormonal balance. For men, especially middle-aged and older men, additional testosterone is extremely beneficial as men go through a form of male menopause termed andropause.

### **Recommended reading:**

- *Miracle of Natural Hormones*, David Brownstein, M.D.
- *Natural Hormone Replacement for Women over 45*, Jonathan Wright, M.D.
- *Natural Hormone Balance*, Uzzi Reiss, M.D.
- *What Your Doctor May Not Tell You About Menopause*, John R. Lee, M.D.
- *What Your Doctor May Not Tell You About Premenopause*, John R. Lee, M.D.
- *Testosterone Deficiency: The Hidden Disease*, E. Barry Gordon, M.D.
- *Testosterone for Life*, Abraham Morgentaler, M.D.
- *The Testosterone Syndrome: Critical Factor for Energy, Health and Sexuality; Reversing the Male Menopause*, Eugene Shippen and William Fryer
- *Breakthrough* by Suzanne Somers

## The Book Worm

### 🌀 **The Food You Crave—Luscious Recipes for a Healthy Life** by Ellie Krieger

Check this book out! It's on target with healthy food choices and fairly simple recipes enhanced by great photography. Includes tips and nutritional analysis.

### 🌀 **The Passionate Olive — 101 Things To Do With Olive Oil** by Carol Firenze

Make the best olive oil choices! Incorporate the oil into everyday living for the home, the body and in food.

### 🌀 **In Defense of Food — An Eater's Manifesto** by Michael Pollen

A good read for anyone interested in having a greater understanding regarding dietary changes in America.

🌀 **Natural Strategies for Cancer Patients** by Russell Blaylock, M.D. Five star book not just for cancer patients. *Full* of good info from a well-respected M.D. about boosting your natural cancer fighting ability.

## Tip Top Tips

In addition to the oral, intramuscular injection and topical cream options for administering natural hormone replacement therapy, Preventive Medicine Group now offers pellet placement into the abdominal fat stores. The advantage is that for the first time we are able to maintain a constant release of the hormones over a four month period. This is the best method to maintain a youthful hormone level of testosterone and help prevent the conversion of testosterone to estrogen. Youthful testosterone levels and estrogen reduction has been shown to be an excellent treatment for erectile dysfunction. For more information, call Preventive Medicine Group (440) 835-0104.

## Introducing

## Dr. Helen Kwon

Preventive Medicine Group welcomes J. Helen Kwon, M.D. Dr. Kwon practiced pediatrics in Cleveland for twenty-five years, including a term as Chief, Department of Pediatrics at St. John Westshore. Dr. Kwon will be seeing adults along with well children and children with health issues, including autism, at Preventive Medicine Group. Dr. Kwon also has an interest in Medical Aesthetics, particularly regarding anti-aging of the skin and its relation with general health. She will be offering anti-aging techniques including Botox and fillers at Preventive Medicine Group. Call (440) 835-0104 for further information. 🌀🌀🌀

## The Recipe Corner

*this recipe from THE FOOD YOU CRAVE by Ellie Krieger.*

*Use your imagination for "variations on the theme" for*

### Tomato, Olive and Parmesan Pizza

4 six inch diameter whole wheat tortillas  
1/4 c. pitted and coarsely chopped calamata olives  
1/4 c. freshly grated Parmesan cheese  
Freshly ground pepper to taste

2 medium ripe tomatoes, seeded and chopped  
2 t. extra virgin olive oil  
2 T. torn fresh basil leaves

Preheat oven to 400 degrees. Put the tortillas on a baking sheet and top each with the tomatoes and olives. Drizzle with the oil, sprinkle with the cheese and bake until crisp and the cheese is slightly melted, about 10 minutes. Garnish with the basil and season with pepper. Let cool a few minutes, then slice each into 4 wedges and serve. *APPLE suggestions for variations: Top with shredded carrots, finely chopped broccoli, finely chopped cauliflower, sliced mushrooms, shredded low-fat mozzarella, crumbled feta cheese, etc. When using firm vegetables such as broccoli or cauliflower, steam slightly before adding as topping to soften.*



# *Free Lecture Series*

## **“Habits of Highly Healthy People”**

*Specific things you can do to promote health and prevent disease.*

**Stan Gardner, M.D. 6:30 p.m. Thursday, April 23, 2009**

## **“Cancer”**

*An alternative approach toward dealing with cancer.*

**James P. Frackelton, M.D. 6:30 p.m. Tuesday, April 28, 2009**

## **“Energy Medicine”**

*The medicine of the future is here now! Energy flows along pathways in your body and can be tapped into for health and healing!*

**Stan Gardner, M.D. 6:30 p.m. Thursday, May 7, 2009**

## **“Alternatives to Drugs and Surgery”**

*You don't have to limit yourself to conventional medicine options!*

**Stan Gardner, M.D. 6:30 p.m. Tuesday, May 19, 2009**

## **“Diabetes”**

*How to prevent it and what to do if you have it.*

**Stan Gardner, M.D. 6:30 p.m. Thursday, June 11, 2009**

**24700 Center Ridge Road, # 370, Westlake**

**PREVENTIVE MEDICINE GROUP**

*www.prevmedgroup.com*

**Call (440) 835-0104 for reservations**

*On occasion, lectures may be rescheduled due to weather or emergency. All advance registrants will be notified in such event.*