



Hormonal Harmony Means Healthy Living



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Did you know that we age because of a decline in our hormones, not vice-versa? It is refreshing to see that more and more women are educating themselves on the importance, safety and effectiveness of Hormone Replacement Therapy (HRT). Many women however, are unaware of the adverse and beneficial differences between the “synthetic” and the “bio-identical” forms of HRT.

Synthetic hormone forms, such as Premarin and Prempro are manufactured from horse urine and are not exact replicas

of our innate natural hormones. Because of this, the body does not utilize or metabolize the synthetics in the same way it does its own biological hormones. The results of the Women’s Health Initiative Trial in 2002 showed that these synthetic hormones had potentially dangerous side effects, including increased cancer risk, heart attack, stroke and death for some patients. This was a shock to the medical community since these synthetic hormones had been believed to help to prevent cancer, heart attacks and strokes.

Bio-identical hormones, on the other hand, are just that; exact replicas of what our bodies make for ourselves. In stark contrast to the dangers revealed about synthetic hormones, a recent review of 20 different studies on bio-identical forms of HRT showed significant improvement in menopausal symptoms when compared to placebo **and** the “synthetics”, along with a **definitive decrease** in the incidence of heart attack, stroke, cancer, Alzheimer’s, Parkinson’s and osteoporosis.

It is also important to realize that these bio-identical forms of HRT have been around for over 75 years but they were pushed to the background, once drug companies introduced the patentable, and profit making synthetic forms.

Okay, so what can a woman do if she is experiencing hot flashes, mood swings, disturbed sleep, diminished or absent sex drive, memory disorder, sleep disturbance, weight gain and the other dozen or so symptoms commonly experienced in menopause if she is afraid of the consequences of the synthetic prescription hormones that her doctor is suggesting? The answer: **Bio-Identical Hormone Replacement Therapy (BHRT)**.

Just as cheese comes in different forms; block, grated, sliced, aerosolized and canned etc., so do bio-identical hormones. Each of these different types have their own distinct advantages and disadvantages and all are tailor made to fit each individual patients needs and likes. Bio-identical hormones are manufactured by a com-

pounding pharmacist from soy or yam and are available as an **oral** medication in the form of capsules, or a sublingual (under the tongue) drop. Other modes of delivery are **subcutaneous** pellets, intra-muscular **injection**, and **suppository** forms, along with **topical** creams, lotions, gels and patches-which are the preferred route by many docs. Although the topical (transdermal) form of medication is commonly used, it has some disadvantages. Controlling the dosage is difficult, because the absorption rate is dependent on body temperature, ambient temperature, the use of other body washes and lotions, your activity level, and the amount of sweat a person produces.

My preferred choice is the subcutaneous administration, which involves the implanting of small pellet(s) just underneath the skin through a small incision. It requires a painless in-office procedure and effects last from three to four months. It is the only route of administration that avoids the “roller coaster” effect from varying levels of hormones seen with all other forms of BHRT. It is the most convenient and safest modality as well and was first used in America nearly 75 years ago.

The take home message is: do your homework, get a second or third opinion and don’t ignore your body’s cries for Hormonal Harmony. The decision is no longer should I or shouldn’t I take hormones but rather, “what delivery method of BHRT is right for me”!

Good Luck and Be Well.



Dr. Bartiss has often been referred to as a “doctor’s doctor”, and is frequently called upon for his diagnostic skills. He is founder and Medical Director of ICAM, and a member of the American College for the Advancement of Medicine, American Academy of Anti-Aging Medicine, and American Academy of Family Physicians. Dr. Bartiss is a medical writer, lecturer and author and has recently been selected as a top ten specialist in the field of Bio-Identical Hormone Replacement Therapy (BHRT).

For those interested in inquiring about lectures for your group/ organization, or for information about ICAM and Dr. Bartiss, contact our office, or visit our website: www.icambartissmd.com



Client Testimonials ...

Here’s what some women (and men) have to say about BHRT ...

I felt as though my life was over. My husband and children hated me and I thought that I was losing my friends, my job and my mind. After receiving hormone therapy, my children love me again, I got promoted at work, my friends no longer avoid me and I am once again the woman my husband fell in love with. In fact, he cannot keep up with me in the bedroom so I sent HIM to Dr. Bartiss.”

- J.M.

I’ve always been physically active but when I turned 50 I noticed that I was not responding to the rigorous hours of hard labor I was putting in the gym. My sexual desire and pleasure was like that of a retired stud horse put to pasture. Thanks to Dr. Bartiss I am in the running again.”

- W.B.

My hot flashes were the least of my problems since I had been a victim of breast cancer several years before. The treatment appeared almost as bad as the disease itself! Although I am grateful and living because of my specialists, I am **ALIVE** because of Dr. Bartiss.”

- T.S.

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Mark James Bartiss, MD

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