



DISCLAIMER

Some of these medications are not FDA approved and therefore the risk and benefits must be taken into consideration. These risk and benefits have been discussed with me thoroughly and I agree with proceeding with the hormone replacement therapy.

Testosterone Rx

- Prostate enlargement
- Hair loss or growth
- Acne
- Prostate Ca although NEJM met-analysis 1999 showed no evidence causes BPH or Ca
- Increased Libido
- Aggression with high doses (although mainly seen with high doses IM)
- Decreased sperm production and may cause permanent infertility, small testicles and hair loss
- Erythrocytosis
- Blood clots, MI, CVA
- Transfer of testosterone by touch up to 4 hours therefore need to wash hands immediately after use and not touch others with the same exposed skin area.
- Can worsen sleep apnea (although can also decrease by decreasing visceral fat)
- Teratogenic thus contraindicated in pregnant or breast feeding women

Estrogen and Progesterone

- Estrogen and Progestins not indicated for cardiovascular disease prevention
- Showed increased risk of stroke and DVT (from WHI estrogen alone sub study) and heart attack, stroke, blood clots and invasive breast cancer (from WHI estrogen/progestin sub study) in post menopausal women.
- Increased risk of probable dementia in postmenopausal women 65 years and older on a WHI regimen
- WHI regimens used conjugated estrogens with or without medroxyprogesterone
- Unopposed estrogen use (estrogen without progesterone) use increases risk of endometrial hyperplasia which can be a precursor to endometrial cancer.
- There is also increased risk of hypertension

I read and discussed the above with Dr. Almog Gal on the following date: ____ / ____ / ____

and would like to proceed with hormone replacement therapy

Signature: _____