

Hormone Balancing Therapy (HBT) Risks & Benefits Consent Form

The following benefits and risks are about probabilities. For example, it has been well documented that estrogen Hormone Replacement Therapy (HRT) decreases the risk of osteoporosis in post-menopausal women. However, it does not eliminate the risk altogether. Realistically, as long as you are alive, you have a risk of dying, or getting cancer, heart disease, osteoporosis, etc. HBT cannot take away this risk. The number one risk factor for disease and death is *aging*, and the older you are metabolically, the higher the risk. HBT can help minimize your overall risks by slowing down the aging process.

The following lists are not all the possible benefits and risks of HRT, but they are the major factors.

Theoretical Benefits

Balancing hormones should help decrease the following:

- ~ Mortality rates ~ Alzheimer's disease
- ~ Heart attacks ~ Thrombotic stroke
- ~ Osteoporosis ~ Arthritis
- ~ Type II Diabetes ~ Depression

Theoretical Risks

The use of hormones may increase risk of the following:

- ~ **Abnormal uterine bleeding, including very heavy bleeding** – This is most likely due to hormone imbalances but can also be caused by uterine fibroids, pre-cancerous thickening of the uterine lining, or uterine cancer. Uterine fibroids can occur or grow with HBT.
- ~ **Menopausal signs and symptoms** – If this occurs, hormone adjustments are made and/or other therapy needs to be instituted.
- ~ **Uterine cancer or Pre-uterine cancer** – This risk is intended to be minimized with progesterone therapy. We recommend screening with yearly vaginal ultrasound plus uterine biopsy if needed.
- ~ **Breast cancer** – Studies involving the risk of HRT and breast cancer are inconclusive. However, studies have shown that all forms of estrogen can cause pre-existing breast cancers to grow, just like human estrogen influences normal breast cell tissue to grow. The latest studies are once again pointing to alcohol* as a major risk factor for breast cancer. Genetic factors contribute approximately 10%, which leaves 90% for environment and personal habits. This is why we ask you to stop drinking alcohol if you want to minimize your risk.
*Alcohol has been formally added to the list of cancer-causing chemicals.
- ~ **Excessive blood clotting** – This can occur when hormones are not balanced.
- ~ **HBT is contra-indicated** in women with active local or metastatic breast cancer or uterine cancer. Exceptions can be made by personal choice.

Print Name: _____

By signing here, I agree that I have read and understand the above.

Signature: _____ **Date:** _____