Nourish House Calls: New Research Challenges Misconceptions About Hormone Therapy in Menopause Treatment

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Chicago, IL - Nourish House Calls Chicago reviews groundbreaking research presented at the 2024 Menopause Society meeting presenting compelling evidence on the benefits of hormone therapy (HT) for menopausal women, emphasizing significant positive impacts on heart health while addressing long-standing misconceptions regarding its risks. The findings highlight the need for tailored approaches to managing menopausal symptoms and call for continued education and research to optimize patient care.

Cardiovascular Benefits and Symptom Relief: The research showcases that hormone therapy can significantly benefit menopausal women by reducing insulin resistance and other cardiovascular biomarkers. These benefits extend beyond heart health to alleviate common menopausal symptoms such as hot flashes, sleep disturbances, vaginal dryness, and pain during sex.

Decline in Hormone Therapy Use: Despite the demonstrated benefits, the use of hormone therapy has drastically declined over the past two decades. In 1999, nearly 27% of menopausal women in the U.S. used estrogen therapy, but by 2020, this figure had dropped to less than 5%. This decline is attributed to misconceptions about the risks of hormone therapy, coupled with the cultural taboo around discussing menopause.

Understanding Cancer Risk: The apprehension surrounding hormone therapy can be traced back to the 2002 Women?s Health Initiative study, which suggested an increased risk of heart disease and breast cancer with the use of estrogen and progestin among older, postmenopausal women. This led to the FDA adding a black box warning to all hormone therapy products in 2003, the most stringent warning label available.

However, subsequent research has indicated that the risks are significantly lower for menopausal women

seeking symptom relief before age 60. A 2020 JAMA paper following up on the Women's Health Initiative trials revealed that prior use of estrogen alone was associated with a lower risk of breast cancer in postmenopausal women who had undergone hysterectomies. However, for postmenopausal women with intact uteruses who used estrogen with progestin, a higher risk of breast cancer was observed, yet mortality rates remained unchanged.

Tailoring Hormone Therapy: Recent findings also emphasize that there is no universal age limit for hormone therapy, even for the 15% of women in their 70s still experiencing hot flashes. Instead, treatments should be customized based on individual needs and symptoms.

"Women often don?t realize that their symptoms can be managed beyond lifestyle changes," explains Joya Van Der Laan, Founder & Lead Practitioner of Nourish House Calls. "It requires time and effort to change long-held beliefs about hormone therapy, and our role is to educate and empower our patients."

Systemic vs. Local Hormone Therapy: Confusion among patients often stems from the variety of hormone therapy options available. Systemic hormone therapy, typically administered through a patch or pill, is absorbed into the bloodstream and helps alleviate common symptoms while offering prevention against osteoporosis. On the other hand, local or vaginal estrogen treatments, such as topical creams or rings, target specific symptoms without systemic absorption.

Despite different applications and risk profiles, the same black box warning appears on all hormone therapy products. Advocacy groups like Let's Talk Menopause argue for the removal of this label from local hormone products, citing the low risk associated with these treatments.

The Role of FDA and Future Research: Removing black box warnings from hormone therapy products would require a substantial amount of evidence, a challenge acknowledged by experts. Conducting large-scale studies similar to the 2002 Women's Health Initiative is difficult, yet necessary to clarify the benefits and risks of hormone therapy.

Empowering Informed Decision-Making: Deciding whether to pursue hormone therapy during menopause is a deeply personal choice influenced by an individual?s symptoms and their philosophy about aging. While some women may seek to control classic symptoms like hot flashes, others might be motivated by aesthetic concerns or the prevention of conditions like osteoporosis. Women with a family history of blood clots or certain cancers might be particularly risk-averse and don?t want to take any medication if they can avoid them.

"Our goal is to provide patients with the information they need to make confident, informed decisions about their health," says Joya Van Der Laan. "Understanding the full spectrum of options allows women to choose

what's best for them."

The Need for Ongoing Research and Education: As the landscape of menopause treatment evolves, continuous research is essential to refine treatment protocols and address remaining concerns. Educational initiatives are also critical to dispel myths and promote informed decision-making among both patients and healthcare providers.

"We must continue to invest in research and education to ensure that women receive the most effective and safe treatments available," concludes Joya.

About Nourish House Calls: Nourish House Calls is a pioneering healthcare provider specializing in personalized, at-home medical services and innovative regenerative medicine treatments https://nourishhousecalls.com/regenerative-and-longevity-medicine/#treatmentshormonetherapy. Founded with the mission of transforming traditional healthcare delivery, Nourish House Calls brings medical care directly to patients' homes, combining the convenience of house calls with cutting-edge medical treatments.

Under the leadership of Joya Van Der Laan, MSN, FNP-BC, the practice has established itself as a leader in regenerative medicine and hormone therapy, offering advanced treatment options for patients seeking alternatives to traditional medical interventions. Our team of dedicated healthcare professionals is committed to providing comprehensive, patient-centered care that emphasizes both healing and prevention.

Nourish House Calls stands at the forefront of modern healthcare delivery, offering innovative solutions that bridge the gap between traditional medical practices and contemporary patient needs. Their approach combines the personal touch of home visits with advanced medical treatments, ensuring that each patient receives individualized attention and optimal care in the comfort of their own environment.

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Nourish House Calls

We are a team deeply committed to the holistic well-being of each individual in our care. Our approach melds the best of both worlds ? the familiar aspects of conventional medicine and the deeper, more personalized touch of Functional Medicine.

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