

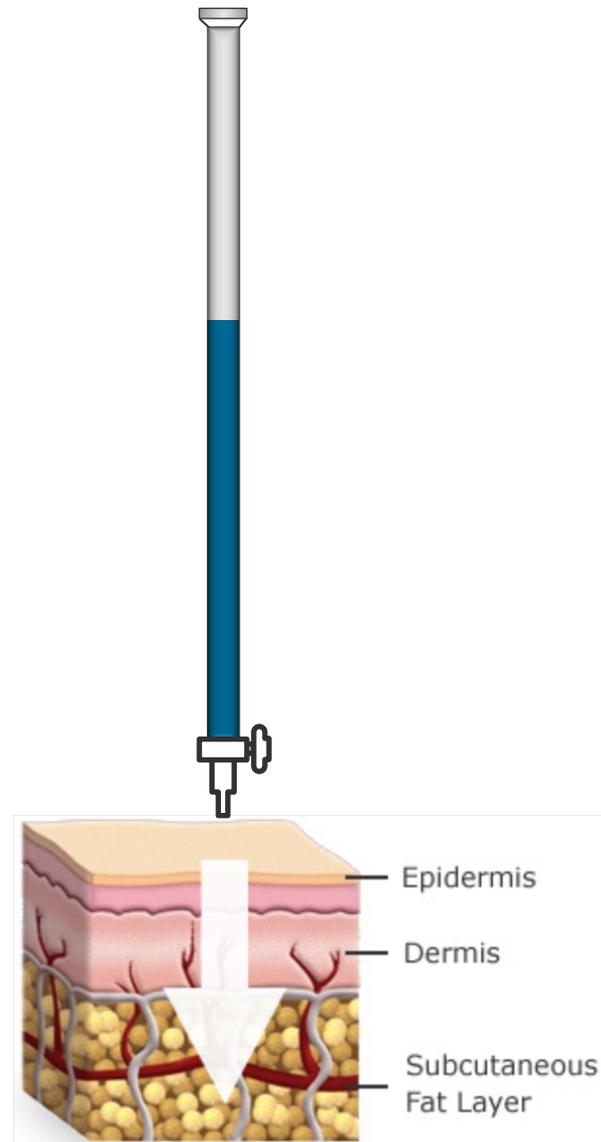
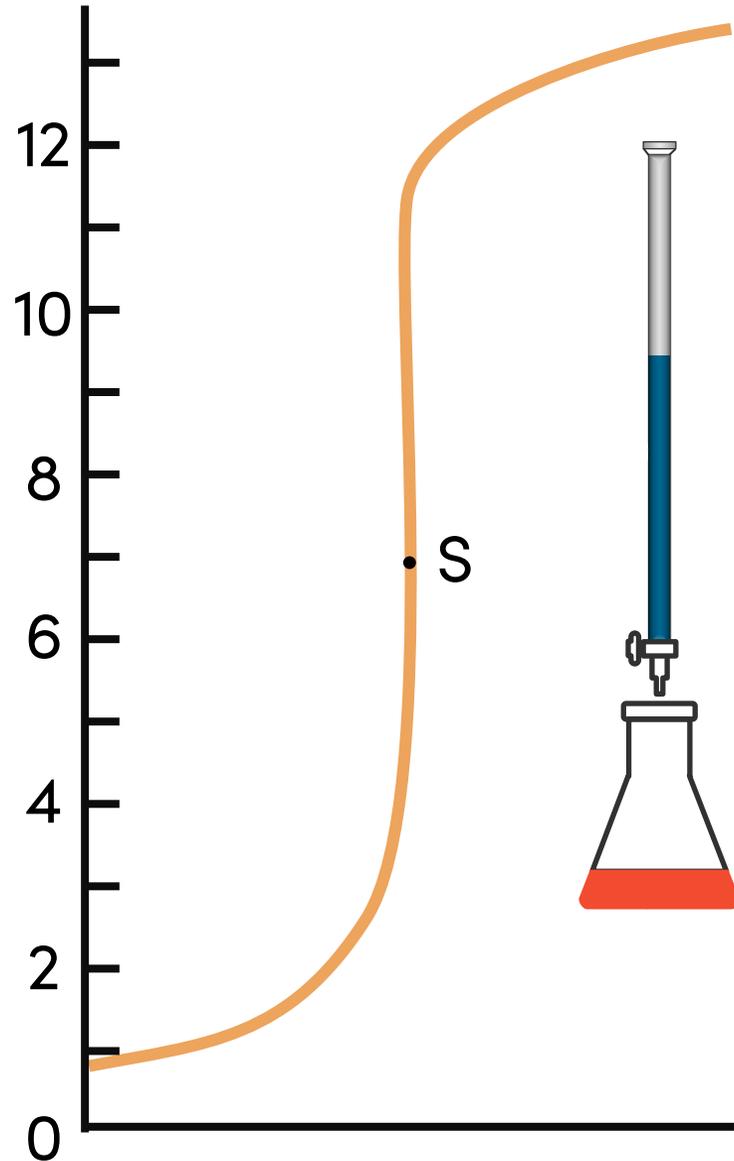
At the Bedrock
of
Bio-identical
Menopause Medicine

for decades

there has been a prevailing
method, teaching, and practice

(that I have been a part of...)

Dose Determination By Titration



Dose determination by Titration



Not too much and not too little

Cases Study

51 Women titrated to satisfaction

I've defined, based on my analysis of the medical literature, what hormone testing parameters I consider optimal range of titration end-point

Test values for E2 + E1 (Total Potent Estrogens, TPE's) :

= 8 – 14 mcg/24 hours

Cases Study

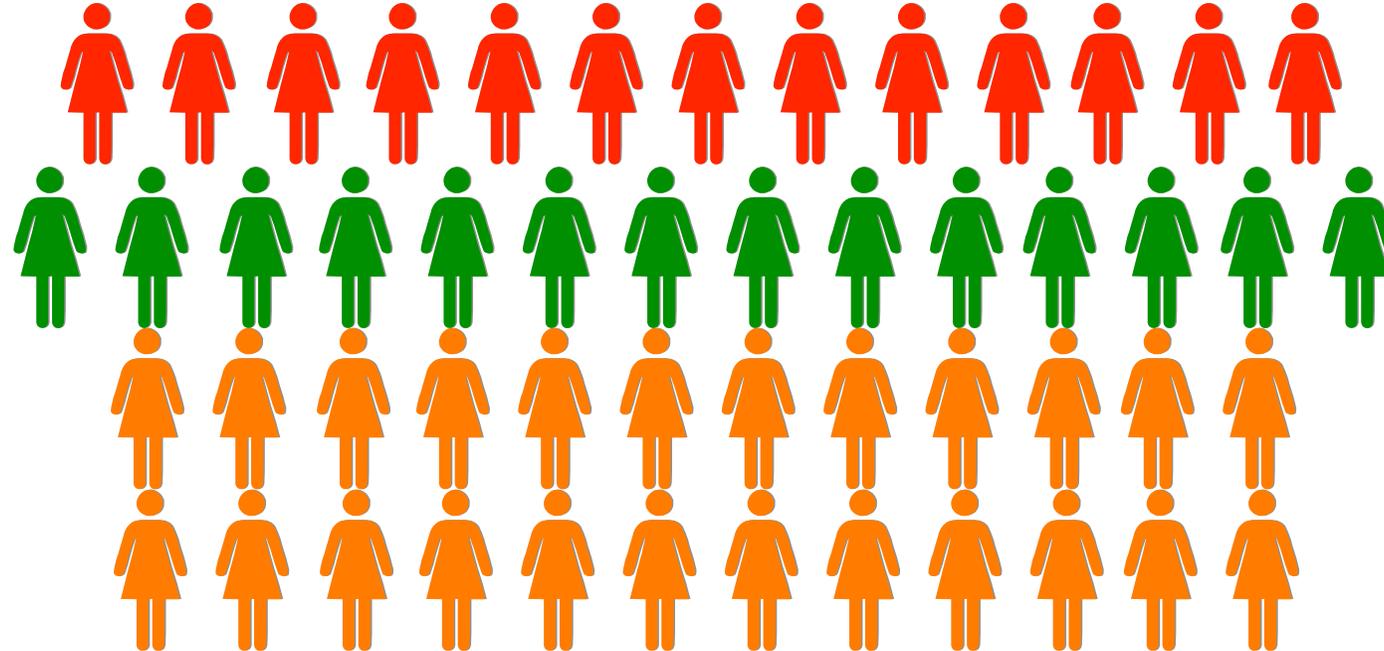
51 women had titrated to symptom alleviation

Hormone test results:

26% tested above optimal >14 mcg/24h

27% tested within optimal 8 – 14 range

47% tested below optimal <8 mcg/24h



Dose determination by Titration

Uh Oh

TITRATION DOESN'T WORK!

27% of the time does not a method make

How could this be so? The women were satisfied...

≈ 75% of women feel breast tenderness
on excessive estrogen dosage

≈ 25% do not detect it!

Some women get high on elevated estrogens

Dose determination by Titration

If titration can lead to this error in my patients

It's inevitable it could in yours

Proper hormone testing

is an

absolute imperative

In menopause medicine

(I did pick up on these issues
and made the adjustments)

New terms replacing “titration:”

“incremental dosing”

“dose determination”

Understanding Your Dosages

I've also taught the importance of understanding your dosages
For eg., the difference between Xanax 0.5 mg and 5 mg

Then, to pick an optimal *starting dose*
eg., Bi-Est: 0.4 mg_{eeq} 
and Titrate no higher than
a certain dose range maximum
Bi-Est: 0.8 - 2.6 mg_{eeq}

Understanding Your Dosages

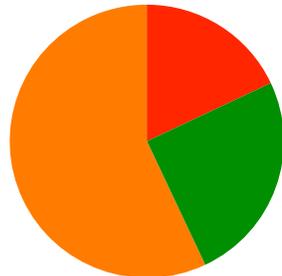
Test results of the 28 out of 51 women who dosed *within* optimal range: 0.8 - 2.6 mg/eq

18% above test
range: >14

25% within test
range: 8 - 14



57% below test range: <8



75% [18 + 57] out of range!

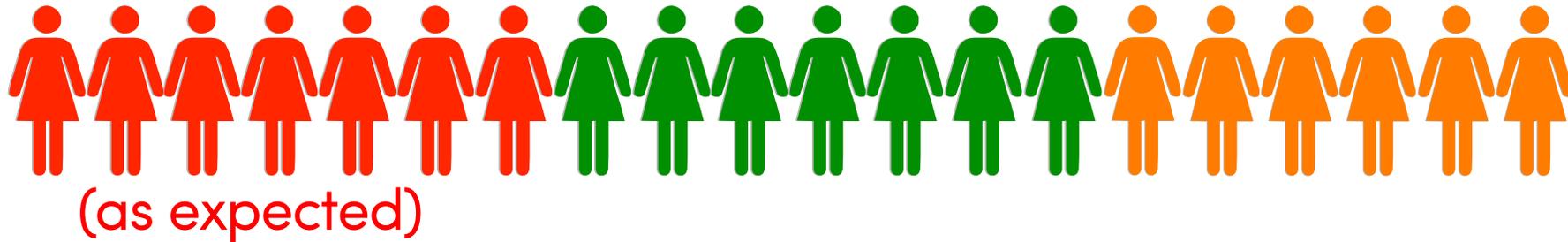
Understanding Your Dosages

Test results of the 20 out 51 women who dosed above optimal range: > 2.6 mg/eq

35% tested above
range: >14

35% within test
range: 8 - 14

30% below test
range: <8

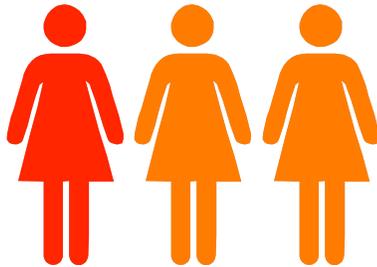


Understanding Your Dosages

Test results of the 3 out 51 women who dosed below optimal range: < 0.8 mg/eq

0 within
test range: 8 - 14

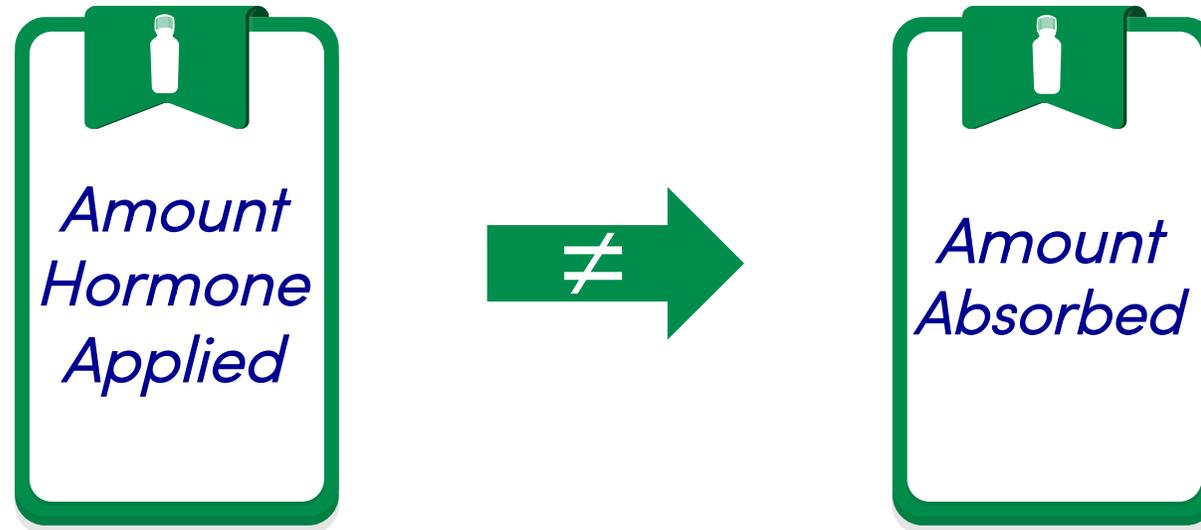
1 above test
range: >14



2 below
test range: <8
(as expected)

Huh?

What the heck is going on here???



Absorption through the skin



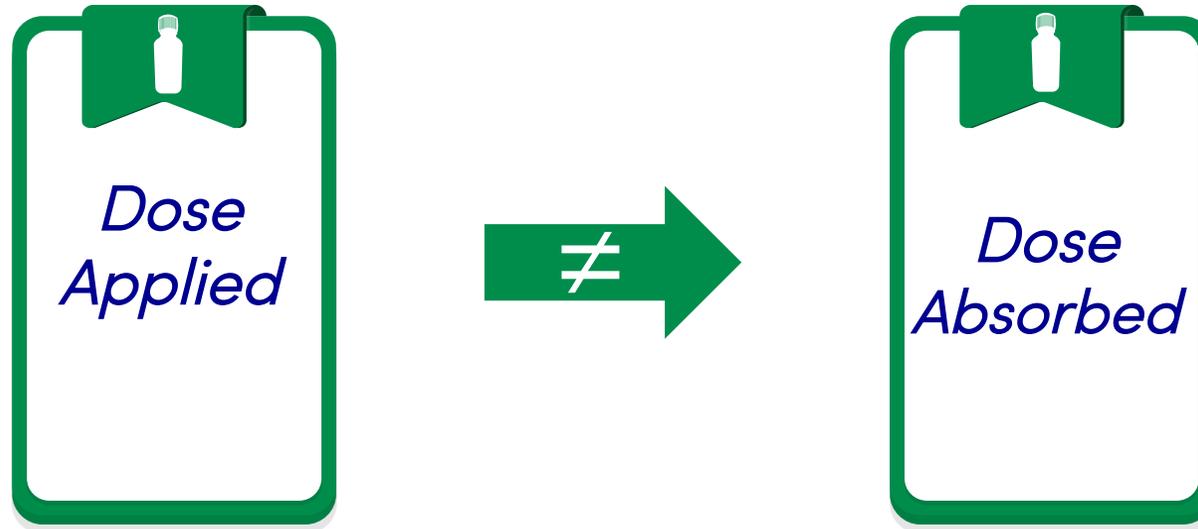
Varies greatly



Woman to woman



And as a woman ages



Once Again, Testing is Imperative.



Proper hormone testing is
an *absolute imperative*
In menopause medicine

