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## **BIOIDENTICAL HORMONE REPLACEMENT THERAPY INFORMED CONSENT**

I understand that natural or bioidentical hormone replacement therapy (BHRT) is the therapeutic use of hormones identical to the hormones made naturally by the body. These hormones are typically used to treat symptoms of PMS, pre-menopause, peri-menopause, menopause, post-menopause, andropause (male menopause), thyroid dysfunction and adrenal fatigue. Other symptoms and health concerns may also be treated with BHRT.

I understand that it is my responsibility to have an annual physical examination, annual gynecological exam/breast exam/mammogram or equivalent (for males, i.e. prostate exam), including any suggested laboratory tests to ensure that I have no disease(s) which might make natural BHRT inappropriate for my condition. I also understand that BHRT requires laboratory monitoring as prescribed by my physician or healthcare provider.

I understand that bioidentical estrogen potentially has the same cancer risk as the estrogen produced within my own body and should never be used without bioidentical progesterone. Personal family history of breast, ovarian, or endometrial (uterine) cancer should be discussed with your healthcare provider. For male patients, studies have shown testosterone does not increase risk of prostate cancer. Although some studies have shown an increased risk of heart attack and stroke with Testosterone Replacement Therapy, a large majority of studies show improved heart health, and decreased risk.

I understand that Estriol is the protective estrogen, thought to reduce the risk of breast cancer or recurrence. Estriol is a much safer form of estrogen because it isn't metabolized into other hormones, keeping its unique identity. Estriol does not stimulate growth of breast tissue in physiologic doses.

I understand that BHRT does not increase heart disease if given at the proper dosage and ratio. Patients with previous deep vein thrombosis (DVT), or blood clots, require careful monitoring if they are taking oral estrogen. Women or men with known heart disease or other serious illness need routine evaluation and annual labs including cholesterol levels, EKG, and other necessary tests. Patients are encouraged to follow up with their primary care physician for these conditions. BHRT taken transdermally (through the skin) does not increase risks of blood clots or DVT.

I hereby release C.W. Randolph, Jr., M.D., P.A., his associates, Women's Medicine Inc. and The Natural Hormone Institute from any and all liability associated or connected with my consultation, recommendations and/or use of BHRT. I hereby state that I am aware of the potential benefits and side effects associated with BHRT.

I understand that no doctor, nurse, dispensary or administrative personal can guarantee that BHRT, even if prescribed, will provide the results. I understand that lifestyle modifications, proper nutrition and supplementation, adequate sleep and stress reduction are all key components to a successful BHRT regimen.

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Patient Name – Please Print

\_\_\_\_\_  
Date

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Patient Signature

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Witness Signature