

Estrogen Vindication, Part 1: Estrogen and the WHI

By Devaki Lindsey Berkson, DC

REFERENCES

- ¹ *Atherosclerosis*. 2016;254:282-290. doi:10.1016/j.atherosclerosis.2016.10.005
Back to the future: Hormone replacement therapy as part of a prevention strategy for women at the onset of menopause.
- ² *JAMA*. 2002;288(3):321-333. doi:10.1001/jama.288.3.321 Risks and Benefits of Estrogen Plus Progestin in Healthy Postmenopausal Women: Principal Results From the Women's Health Initiative Randomized Controlled Trial.
- ³ *Biometrics*. 2005;61(4):899-941. doi:10.1111/j.0006-341X.2005.454_1.x Statistical issues arising in the Women's Health Initiative.
- ⁴ *Hum Reprod*. 2003;18(10):1992-1999. doi:10.1093/humrep/deg406 Issues to debate on the Women's Health Initiative (WHI) study. Hormone replacement therapy: an epidemiological dilemma?
- ⁵ *Ann N Y Acad Sci*. 2006;1092:331-340. doi:10.1196/annals.1365.030 Pitfalls of the WHIs: Women's Health Initiative.
- ⁶ *Fertility and Sterility*, Volume 84, Issue 6, 1589 - 1601 A critique of the Women's Health Initiative hormone therapy study.
- ⁷ *Climacteric*. 2003;6 Suppl 1:11-36. Hormone replacement therapy in the post-Women's Health Initiative era. Report a a meeting held in Funchal, Madeira, February 24-25, 2003.
- ⁸ *Gynecol Endocrinol*. 2006;22(6):303-317. doi:10.1080/09513590600717368 The effect of medroxyprogesterone acetate on estrogen-dependent risks and benefits--an attempt to interpret the Women's Health Initiative results.
- ⁹ *Ann N Y Acad Sci*. 2005;1052:43-56. doi:10.1196/annals.1347.004 Is the estrogen controversy over? Deconstructing the Women's Health Initiative study: a critical evaluation of the evidence.
- ¹⁰ *J Fam Plann Reprod Health Care*. 2011;37(4):225-230. doi:10.1136/jfprhc-2011-0091 Does hormone replacement therapy cause breast cancer? An application of causal principles to three studies: part 3. The Women's Health Initiative: unopposed estrogen.
- ¹¹ *Cancer J*. 2009;15(2):93-104. doi:10.1097/PPO.0b013e31819e332a Hormone replacement therapy: real concerns and false alarms [published correction appears in *Cancer J*. 2009 May-Jun;15(3):262].
- ¹² *Geriatrics*. 2004;59(11):30-37. Hormone replacement therapy: the debate should continue.
- ¹³ *JAMA*. 2014;312(10):1024-1032. When researchers reanalyze patient-level data from randomized controlled trials (RCTs), the trial outcomes change in approximately 1 of 3 cases. doi:10.1001/jama.2014.9646 Reanalyses of randomized clinical trial data.
- ¹⁴ *J Obstet Gynaecol Res*. 2005;31(2):80-93. doi:10.1111/j.1447-0756.2005.00251.x Clinical appraisal of the Women's Health Initiative.
- ¹⁵ *Fertil Steril*. 2004;81(6):1498-1501. doi:10.1016/j.fertnstert.2004.02.095 The Women's Health Initiative could not have detected cardioprotective effects of starting hormone therapy during the menopausal transition.
- ¹⁶ San Antonio Breast Cancer Symposium 2019: [Abstract GS5-00](#). Presented December 13, 2019. See whole abstract in appendix section.
- ¹⁷ 2019 SABCS Abstracts Home Print Page Session GS5 - GS5. General Session 5 GS5-00. Long-term influence of estrogen plus progestin and estrogen alone use on breast cancer incidence: The Women's Health Initiative randomized trials December 13, 2019, 9:30 AM - 9:45 AM Authors/Cancer Centers:
- ¹⁸ ASCO Posts Editorial breast cancer [By Avrum Bluming](#) / February 25, 2020 Postmenopausal Estrogen and Risk of Breast Cancer: What Is the Real Story?



Invigorate Your Mitochondria

ATP 360™ is a complete mitochondrial complex, clinically researched to provide targeted support for...

- Mitochondrial Membrane Function
- Krebs Cycle
- Mitogenesis & Membrane Potential

Researched Nutritionals solutions for life

[CLICK TO LEARN MORE](#)

19 *Metab.* 2012;23(11):576-581. doi:10.1016/j.tem.2012.03.008 Estrogen and the skeleton. *Trends Endocrinol.*

20 *International Journal of Pharmaceutical Compounding* 17(1):74-85 · April 2013 The effects of compounded bioidentical transdermal hormone therapy on hemostatic, inflammatory, immune factors; cardiovascular biomarkers; quality-of-life measures; and health outcomes in perimenopausal and postmenopausal women.

21 *Neurology.* 2012 Oct 30;79(18):1846-52. doi: 10.1212/WNL.0b013e318271f823. Hormone therapy and Alzheimer disease dementia: new findings from the Cache County Study.

22 *Menopause.* 2019 Dec;26(12):1366-1374. doi: 10.1097/GME.0000000000001405. Lifetime estrogen exposure and cognition in late life: the Cache County Study.

23 *Postepy Hig Med Dosw (Online).* 2017 Jun 8;71(0):454-465. Mitochondria: Target organelles for estrogen action.

24 *Biochem Med (Zagreb).* 2014 Oct 15;24(3):329-42. doi: 10.11613/BM.2014.035. eCollection 2014. The many faces of estrogen signaling.

25 *Fertil Steril.* 2009 Feb;91(2):425-31. doi: 10.1016/j.fertnstert.2007.11.061. Effects of hormone therapy and tibolone on body composition and serum leptin levels in postmenopausal women.

26 *Sex Med Rev.* 2019 Jul;7(3):416-421. doi: 10.1016/j.sxmr.2019.03.006. The History of Estrogen Therapy.

27 *kid Med Cell Longev.* 2019 Apr 17;2019:5305014. doi: 10.1155/2019/5305014. eCollection 2019. The Protective Roles of Estrogen Receptor β in Renal Calcium Oxalate Crystal Formation *via* Reducing the Liver Oxalate Biosynthesis and Renal Oxidative Stress-Mediated Cell Injury.

28 *J Surg Res.* 2016 Jun 15;203(2):324-30. doi: 10.1016/j.jss.2016.02.038. Estrogen attenuates renal IRI through PPAR- γ agonism in rats.

29 *Ren Fail.* 2016 Aug;38(7):1129-35. doi: 10.1080/0886022X.2016.1184958. Protective effects of estrogen and bortezomib in kidney tissue of post-menopausal rats: an ultrastructural study.

30 *Gynecol Endocrinol.* 2015;31(7):582-585. doi:10.3109/09513590.2015.1065478 Anti-aging effect of estrogen on telomerase activity in ovariectomised rats--animal model for menopause.

31 *Am J Clin Pathol.* 1987;87(2):155-160. doi:10.1093/ajcp/87.2.155 Prognostic factors in primary mucinous breast carcinoma.

32 *New Engl J Med* 1975; 293:1164-68. Association of exogenous estrogen and endometrial cancer.

33 *Altern Ther Health Med.* 2005 Nov-Dec; 11(6):36-8. Transdermal progesterone cream as an alternative progestin in hormone therapy.



34 *Fertil Steril.* 2003 Jan; 79(1):221-2. Topical progesterone cream has an antiproliferative effect on estrogen-stimulated endometrium.

35 *Obstet Gynecol.* 1999 Aug; 94(2):225-8. Transdermal progesterone cream for vasomotor symptoms and postmenopausal bone loss.

36 *Maturitas* 27 (3), 261-74 Jul 1997 The Postmenopausal Estrogen/Progestin Interventions Study: Primary Outcomes in Adherent Women .

37 *BMJ* 1987; 295:914-915. Consensus Development Conference: Prooehyaxis and treatment of osteoporosis.

38 *Breast Cancer Res Treat.* 2016 Jan; 155(2):365-73. doi: 10.1007/s10549-016-3685-3. Hormone replacement therapy after menopause and risk of breast cancer in BRCA1 mutation carriers: a case-control study.

39 *J Natl Cancer Inst.* 2008 Oct 1; 100(19):1361-7. doi: 10.1093/jnci/djn313. Hormone therapy and the risk of breast cancer in BRCA1 mutation carriers.

40 Berkson, DL. *Safe Hormones, Smart Women.* Awakened Medicine Press; 2010.



Molecular H2

Effervescent Hydrogen Tablets

Molecular H2 creates a high level of hydrogen (H₂) when added to non-carbonated water.

H₂ is the smallest known molecule, which enables it to readily pass through cellular membranes and the blood-brain barrier, systemically delivering antioxidant activity and redox balance.*

Unflavored and delicious raspberry flavor available.

©2019 Allergy Research Group

Melatonin 20 mg

High Potency Melatonin

Allergy Research Group was the first to introduce melatonin to the U.S. market in 1995.

Promotes sleep, scavenges •OH and activates the Nrf2-pathway.*

Clinical research shows melatonin supplementation delivers numerous clinical benefits with very low toxicity.*

Pancreas Pork

Natural Glandular

Formulated by the renowned late glandular nutrition expert, Nicholas Gonzalez, MD, and derived from New Zealand government-inspected, range-fed animals.

Pancreas Pork is lyophilized (freeze dried), retaining amylase, protease, and lipase, as well as other digestive factors, including any fat content.*

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

41 *N Engl J Med* 1993; 328:1115-17. Postmenopausal hormone replacement therapy.

42 Avrum Bluming MD, Carol Tavis PhD. *Estrogen Matters: Why Taking Hormones in Menopause Can Improve Women's Well-Being and Lengthen Their Lives -- Without Raising the Risk of Breast Cancer*, 1st Edition. Hachett Book Group 2018 Page 50.

43 *Proc ASCO* 2006;124L10012. Case-control study of hormone replacement therapy (HRT) and breast cancer in Japanese women.

44 *J Natl Cancer Instit.* 2001; 93:754-62. Hormone Replacement therapy after a diagnosis of breast cancer in relation to recurrence and mortality.

45 Berkson, DL. *Safe Hormones, Smart Women*. Awakened Medicine Press; 2010.

46 *Menopause.* 2018 Nov;25(11):1313-1320. doi: 10.1097/GME.0000000000001235. Estrogen alone and joint symptoms in the Women's Health Initiative randomized trial

47 *J Am Geriatr Soc.* 2020 Jan 13. doi: 10.1111/jgs.16306. Associations between Serum Levels of Cholesterol and Survival to Age 90 in Postmenopausal Women

48 Berkson, DL. *Safe Hormones, Smart Women*. Awakened Medicine Press; 2010.

49 *J. Obstet. Gynaecol. Res.* Vol. 31, No. 2: 80-93, April 2005 Clinical appraisal of the Women's Health Initiative

50 *J. Obstet. Gynaecol. Res.* Vol. 31, No. 2: 80-93, April 2005 Clinical appraisal of the Women's Health Initiative

51 *Menopause.* 2008 Mar-Apr;15(2):393-400. Postmenopausal hormone therapy and the risk of breast cancer: a contrary thought.

52 *JAMA.* 2004;291(14):1701-1712. doi:10.1001/jama.291.14.1701 Effects of conjugated equine estrogen in postmenopausal women with hysterectomy: the Women's Health Initiative randomized controlled trial.

53 *JAMA.* 2006;295(14):1647-1657. doi:10.1001/jama.295.14.1647 Effects of conjugated equine estrogens on breast cancer and mammography screening in postmenopausal women with hysterectomy.

54 *Nat Clin Pract Endocrinol Metab.* 2007;3(7):496-497. doi:10.1038/ncpendmet0535

The estrogen paradox.

55 *JAMA.* 2011;305(13):1305-1314. doi:10.1001/jama.2011.382 Health outcomes after stopping conjugated equine estrogens among postmenopausal women with prior hysterectomy: a randomized controlled trial.

56 *N Engl J Med.* 2007;356(25):2591-2602. doi:10.1056/NEJMoa071513 Estrogen therapy and coronary-artery calcification

57 *Harvard Women's Health Watch* Revisiting hormone therapy's risks and benefits

Published: December, 2007

58 *Gend Med.* 2005;2(1):4-6. doi:10.1016/s1550-8579(05)80003-8 Women's health initiative is fundamentally flawed.

59 *Bull NYU Hosp Jt Dis.* 2009;67(2):226-229. What can we learn from design faults in the Women's Health Initiative randomized clinical trial?

60 Dr. Philip DiSaia. Letter to Avrum Bluming; Jan. 3rd 2007. Quoted with his permission.

61 Bluming, A. *Estrogen Matters*. Little Brown; 2018.

62 *JAMA.* 2014;312(10):1024-1032. doi:10.1001/jama.2014.9646 Reanalyses of Randomized Clinical Trial Data

HYPERCOAGULATION

It's so good that FDA uses Boluoke as the gold standard for lumbrokinase research!

CANADA RNA BIOCHEMICAL INC.
For Circulatory Health
BOLUOKE
120 Capsules

A central issue in:

- conditions with a poor circulation
- growth and spread of malignant cells
- chronic infections with biofilm
- poor tissue healing due to hypoxia

Boluoke (lumbrokinase), simply the best in:

- Enzymatic strength
- Research data
- Quality, safety, and efficacy

Your Patients. Your Reputation.
TRUST NOTHING LESS!

Boluoke is also available through:

- Researched Nutritionals
- BIORESOURCE
- Dragon's Medical Bulletin
- CRNA
- Pro Health Network
- NaturoDoc
- return health
- www.dragonsmedicalbulletin.com
- 1-866-287-4986
- www.canadarRNA.com

YOUR NATURAL DEFENSE SYSTEM

Scandinavian Formulas' Shark Liver Oil is a trusted product, having the highest known concentration of Alkylglycerols that affect the body's natural defense mechanisms. Harvested from cold water, deep-sea Greenland sharks.

Shark Liver Oil may aid in improving the body's immune system.

The information presented is not intended to be prescriptive or to replace the care of a licensed health professional in the diagnosis and treatment of illness.

Available from major distributors such as Threshold, Emerson Ecologics, and Super Natural.

Scandinavian Formulas
Sellersville, PA 18960 • P: 215-453-2507 800-688-2276
F: 215-257-9781 • scandinavianformulas.com

⁶³ *Safe Hormones, Smart Women* Berkson DL Awakened Medicine Press 2010

⁶⁴ Menopausal hormone therapy and breast cancer: What is the evidence from randomized trials? *Climacteric* 21:521-528, 2018

⁶⁵ *Cancer Epidemiol Biomarkers Prev.* 2007;16(12):2773-2780. doi:10.1158/1055-9965.EPI-07-0546 Changes in breast cancer incidence rates in the United States by histologic subtype and race/ethnicity, 1995 to 2004.

⁶⁶ *Medscape Oncology and Medscape Internal Medicine* Dec. 13 2019 Megan Brooks News > Medscape Medical News > Conference News > SABCS 2019

⁶⁷ *Menopause.* 2018 Nov;25(11):1180-1186. doi: 10.1097/GME.0000000000001214. Progestin enhances vasoconstrictor responses in postmenopausal women receiving estrogen replacement therapy.

⁶⁸ *2019 SABCS Abstracts Home* GS5-00. Long-term influence of estrogen plus progestin and estrogen alone use on breast cancer incidence: The Women's Health Initiative randomized trials.

⁶⁹ *J Clin Oncol.* 1999 May; 17(5):1482-7. Estrogen replacement therapy after localized breast cancer: clinical outcome of 319 women followed prospectively.

⁷⁰ *Int J Fertil Womens Med.* 1999 Jun-Aug; 44(4):186-92. An experience with estrogen replacement therapy in breast cancer survivors.

⁷¹ *Menopause.* 2003 Jul-Aug; 10(4):277-85. Estrogen replacement therapy in breast cancer survivors: a matched-controlled series.

⁷² *Ann Surg Oncol.* 2001 Dec; 8(10):828-32. Estrogen replacement therapy after breast cancer: a 12-year follow-up

⁷³ *J Natl Cancer Inst.* 2001 May 16; 93(10):754-62. Hormone replacement therapy after a diagnosis of breast cancer in relation to recurrence and mortality.

⁷⁴ *Fam Pract.* 2002 Dec; 51(12):1056-62. Cancer recurrence and mortality in women using hormone replacement therapy: meta-analysis.

⁷⁵ *Eur J Surg Oncol.* 1999 Apr; 25(2):146-51. A case-control study of hormone replacement therapy after primary surgical breast cancer treatment.

⁷⁶ *Menopause* 1995;2; 67-72. A case-control study of combined continuous estrogen-progestin replacement therapy among women with a personal history of breast cancer.

⁷⁷ *Climacteric.* 1998 Jun; 1(2):137-42. A cohort study of hormone replacement therapy given to women previously treated for breast cancer.

⁷⁸ *Med J Aust.* 2002 Oct 7; 177(7):347-51. Hormone replacement therapy after a diagnosis of breast cancer: cancer recurrence and mortality.

⁷⁹ *Proc ASCO.* 1999 (abstract):18; 2262. Hormone replacement therapy (HRT) in patients treated for breast cancer: Analysis of a cohort of 120 patients.

⁸⁰ *Maturitas.* 2001 Sep 28; 39(3):217-25. A prospective study on women with a history of breast cancer and with or without estrogen replacement therapy.

⁸¹ *Oncology.* 2001; 60(3):199-206. Hormone replacement therapy after treatment of breast cancer: effects on postmenopausal symptoms, bone mineral density and recurrence rates.

Invigorate *Your* Mitochondria

ATP 360™ is a complete mitochondrial complex, clinically researched to provide targeted support for...

Mitochondrial Function

- Proprietary phospholipid blend promotes a healthy membrane*
- Antioxidants to support against oxidative stress*
- Healthy membrane is essential for vigorous ATP production*

Krebs Cycle

- Key nutrients to optimize Krebs energy production*

Mitogenesis & Membrane Potential

- Provides nutrients for optimizing the electron transport chain*
- PQQ to promote healthy mitochondrial mass*
- Promote healthy mitochondrial formation*

Visit www.ResearchedNutritionals.com/atp-360 for a full list of ingredients

Researched Nutritionals SOLUTIONS FOR LIFE

Tel: 800.755.3402 • Fax: 805.693.1806 • CustomerService@ResearchedNutritionals.com
www.ResearchedNutritionals.com | Available only through healthcare professionals.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.