



## The Risk of Breast Cancer from Menopause Hormone Replacement and Statins, commonly used Cholesterol-Lowering Drugs is the Same

*Endocrinologist, menopause expert and former pharmacist, Dr. Marina Johnson, reports that despite such similar risks, hormone replacement therapy (HRT) has been given much greater negative media exposure.*

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In her new eBook, "Outliving Your Ovaries," Endocrinologist Dr. Marina Johnson reveals compelling research that compares the risks and benefits of Hormone Replacement Therapy (HRT) to statins and other commonly used drugs. The FDA considers the risks from statins "acceptable" while they give HRT a "black box" warning not required of statins and other drugs with a similar risk of breast cancer.

Thirty randomized controlled trials of women taking pharmaceutical HRT (transdermal patches, gels and creams) have shown a 40% reduction in mortality yet statins have not been shown to reduce mortality in women. Dr. Johnson emphasizes the point is not to advocate or criticize the use of one drug or another but to use some common sense and put the risks and benefits in clinical perspective. The risks of breast cancer from statins or HRT are rare (less than 1 event per 1000 women) and should be considered in light of potential benefits.

Dr. Johnson is a UCLA/USC trained, board-certified endocrinologist and a former assistant editor of AHFS-Drug Information, a comprehensive drug reference book, analyzes the latest HRT research in clear, easy-to-understand terms a woman can understand. Dr. Johnson has no financial conflicts of interest or ties to any pharmaceutical company. Her only objective is determining the most effective, safest therapy for patients. Her ebook gives a woman a guidebook so she can better work with their own physician to determine the best decisions for her individual case.

To help women relate to the issues, Dr. Johnson shares poignant, clinical stories from her 28 years of clinical experience during which she has managed over 100,000 female patient visits. These stories depict the tragic consequences of estrogen deficiency and the joy of transformation that occurs when a woman is made whole again.

Posted on Dr. Marina Johnson's Facebook site], physicians, patients and celebrities of Dr. Johnson have come out in support of the release of her new eBook and her clinical methodology:

"Finally, a clear, concise prescription for women as they navigate the challenges of menopause. Debunking misconceptions, Dr. Johnson provides a roadmap for health and vitality in what can be truly golden years," says Catherine Crier, Journalist, former Judge and best-selling author.

"There are perhaps only 1% in any given field that are truly the best at what they do and Dr. Johnson is part of this elite group," say Bill and Susan Casner, owners of Winstar Farms of Lexington, Kentucky

"Women who read *Outliving Your Ovaries* and use the information to take estrogen will enhance the quality and quantity of their lives." Daniel R. Mishell, Jr., M.D., Professor Emeritus, Obstetrics & Gynecology, University of Southern California School of Medicine.

"*Outliving Your Ovaries* is an excellent, comprehensive resource on hormone therapy for women considering this as an option. Medical decision making should be made as a collaboration between the physician and a well-informed patient. This book will help address many of the key questions that form the basis for deciding on what therapy options are most appropriate based on clinical judgment for each woman as an individual." Steven M. Petak M.D., J.D., F.A.C.E., Associate, Texas Institute for Reproductive Medicine and Endocrinology, Houston Texas.

"Dr. Marina Johnson's book is an absolute must read for all adult females. The Johnson Menopause Method™ is evidence-based and backed up by years of clinical experience. Her advice is anchored in science and delivered in a personalized manner. She tackles a very controversial subject with logic that is easy to understand for the lay public. It is apparent that she is not biased toward any pharmaceutical company. It is refreshing to read a book that is obviously divorced from medical industry bias. Dr. Johnson will enhance the lives of millions of women with her book. Healthcare providers who deliver hormone replacement therapy should be required to read this eBook," says Bradley F. Bale, M.D., Co-Founder of the Bale/Doneen Method, Assistant Clinical Professor, Texas Tech School of Medicine

"*Outliving Your Ovaries* is a well written book that will help empower women to make educated choices about the use of postmenopausal hormone therapy." Alan M. Altman M.D., Medical Coordinator "Hot Flash Havoc" - the Movie, International Society for the Study of Women's Sexual Health.

To learn more about Dr. Johnson's compelling research and findings, the eBook is distributed by Eyesong Publishing, and is available on Apple's iBookstore making it readable on the Apple iPad, iPod Touch and Apple devices. It is also available as a wireless download on the Amazon Kindle line and the Barnes & Noble Nook. This weekend the ebook became available on Google's new ebookstore. Free software is available from Amazon, Google ebookstore and Barnes & Noble for viewing the eBook on tablets, PCs, Macs and a variety of smartphones including the iPhone, Windows, Blackberry & Android mobile devices.

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