



Pharmaceutical Bioidentical Hormones are Readily Available and are Safer than Compounded Estrogen Claims Endocrinologist's New E-book on Hormone Replacement

Endocrinologist Dr. Marina Johnson, also a former pharmacist, explains the superior efficacy and quality control of pharmaceutical over compounded bioidentical hormones. “Outliving Your Ovaries : An Endocrinologist Weighs The Risks And Rewards Of Treating Menopause With Hormone Replacement Therapy” is a long overdue guidebook with innovational research that helps women evaluate Hormone Replacement Therapy (HRT).

Irving, TX ([PRWEB](#)) December 14, 2010 -- “Outliving Your Ovaries” is a new e-book on [Hormone Replacement Therapy](#) written by Endocrinologist Dr. Marina Johnson, medical director of The Institute of Endocrinology and Preventive Medicine in Irving, Texas. Dr. Johnson, a pharmacist and a physician, describes a wide body of research showing that pharmaceutical topical bioidentical hormones are safer than the most commonly prescribed hormones. In her e-book, she gives 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. This e-book helps a woman evaluate the risks and benefits of Hormone Replacement Therapy (HRT) in clear, easy-to-understand terms so she can better work with her own physician to determine what’s right for her.

Most women know bioidentical hormones are the identical hormones - estradiol, progesterone and testosterone - present in a woman’s body. However, they mistakenly believe that bioidentical hormones can only be obtained from compounded products. Compounded bioidentical hormones became more popular after 2002 when the Women’s Health Initiative (WHI) reported increased heart disease, strokes, dementia and breast cancer from the use of Prempro, the most commonly prescribed HRT which is taken by mouth. Because compounded products are not dispensed with FDA "black-box" warning labels like pharmaceutical bioidentical products (as patches, gels and creams), women naturally assume compounded creams are safer.

All HRT carries risks, but numerous clinical studies of pharmaceutical bioidentical HRT, show fewer risks and better benefits with topical bioidentical HRT compared to oral synthetic estrogens. No major medical studies have ever been published with "compounded" products, only with "pharmaceutical" bioidentical products.

Dr. Johnson explains, “As a matter of course, I always measure a woman’s estradiol blood level with a highly sensitive laboratory test. Some women receiving compounded hormones show NO detectable estrogen. For the most effective, safest product, I advise women to choose 'pharmaceutical' bioidentical HRT. I have no financial conflicts of interest or ties to any pharmaceutical company. My only objective is determining the most effective, safest therapy for my patients. ”

Compounded products play an important role for patients with allergies to pharmaceutical ingredients; to provide medications that are no longer commercially available; and to enable physicians to develop novel products.

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.

The eBook, distributed by [Eyesong Publishing](#), 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. Available shortly on the Google 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.

Dr. Marina Johnson is a UCLA/USC trained endocrinologist who has been in private practice since 1986 and has always utilized transdermal pharmaceutical therapy products since the original research by Dr. Howard Judd at UCLA in the late 70's.

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