

7<sup>th</sup> Annual Congress on

# Primary Healthcare, Nursing and Neonatal Screening

&

2<sup>nd</sup> International Conference on

# Women's Health, Obstetrics and Female Reproductive System

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## Natasha Iyer

*Better: A centre of complete living, Canada*

### Women and Hormones: The missing link for optimal balance and safety and use of hormones in vaginal rejuvenation

Hormones are chemical messengers that are critical to life and wellbeing. For too long, we have focused on hormones in isolation and not on the intricate balance between multiple hormones and the hormone cascade. Few questions being arising like (a) Beyond the WHI: are hormones safe? (b) Should you prescribe them? (c) For what, and for how long?

We will review the science and the North American Menopause Society position statement which expands on hormone therapy, compounding of hormones and reminds us of other women's health issues in which hormones are useful. For many women, this is life changing regarding the quality of life and wellbeing. Before WHI, Premarin and Provera we're routinely prescribed for vasomotor symptoms of menopause. In 2003, a mass movement to stop HRT occurred because of the findings of the WHI. Many women were desperate and requested hormones regardless of the risks. They felt the benefits and unafraid of the risks versus benefits to their wellbeing and quality of life.

Upon review of the data 10 years later, astonishing discoveries were made: (a) It was Provera, a synthetic PROGESTIN (medroxyprogesterone acetate) that was the culprit in increasing heart disease, strokes, and breast cancer. Too often, progesterone and progestin are used interchangeably, when the differences are vast. (b) Women in the Premarin only arm of the study had health benefits. This led us to rethink the role of HRT in Women's health, and started a movement towards 'bio-identical' hormones; because these are thought to be safer. (c) The 'Timing Hypothesis' is another important consideration. This enhances the total benefits of HRT beyond the quality of life. (d) The total benefits of HRT in women are varied and important to healthy aging and quality of life.

### Biography

Iyer has spent the last 21 years working with and caring for her patients. Her focus has always been on the individual. She developed strong relationships with her patients, taking a keen interest in their lives, not just their medical problems. Dr Iyer has successfully completed her written and oral exams, and academic requirements towards the Advanced Fellowship in Anti-aging and Regenerative Medicine (ABAARM).

[natashaiyer@me.com](mailto:natashaiyer@me.com)

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