Hormone Handbook: Contents

How to read the charts

I/ Detection of hormone deficiencies	
How to diagnose hormone deficiencies?	3
Short or extensive check?	3
Aren't laboratory tests sufficient?	2
Which hormone deficiencies to look for first?	2
Which lab tests: Blood, 24-hour urine or saliva tests?	5
What can be measured in a 24-hour urine	5
What do you check in an initial assessment?	3
What about toxicology tests?	10
How to interpret lab tests?	10
When does a hormone deficiency start?	10
What is an overt deficiency?	10
What are borderline deficiencies?	10
Must borderline hormone deficiencies be treated?	11
What is an optimal hormone level?	11
What are reference ranges? Erroneous ranges?	11
What are the optimal reference ranges?	14
What are optimal and deficient values?	14
How do you interpret lab tests?	14
Cancer detection: Primarily, which cancers should you look for and how?	15
II/ Treatment of hormone deficiencies	17
Replacement or corrective therapy?	19
Do hormone treatments suppress the activity of the endocrine glands?	19
How to treat hormone deficiencies	20
1) Make the treatment safe:	20
Use physiological doses	20
2. Use bio-identical hormones	21
Choose the best type and brand of products	21
Administer the hormones by the safest and most efficient route	23
Simultaneously correct all important hormone deficiencies	25
Correctly start the treatment	28
7. Perform regular follow-ups	28
Make the treatment more efficient	29
 First step: Above all, improve diet, environment and lifestyle 	29
2. Second step: correct the hormone deficiencies	30
III/ Follow-up of hormone treatments	33
How do you fallow up with harmone theresies	21
How do you follow-up with hormone therapies	35
When to have the patient return	35
What to check during follow-up	35
How often do you perform lab testing	36
What to do just before the test	36

When to do the laboratory tests during the follow-up What laboratory tests should you do Which tests are more difficult to interpret during a follow-up When to do lob tests without everdeing it	36 36 38 39
When to do lab tests without overdoing it How to adjust the dose of a hormone treatment during follow-up	39
What to do when the dose is too high	39
IV/ Hormone therapies for deficiencies	41
1. Melatonin	43
2. Growth hormone in adults	53
3. MSH	75
4. Oxytocin	91
5. Vasopressin	107
6. Thyroid	123
7. Calcitonin	143
8. Parathormone9. IGF-1	153
9. IGF-1 10. Cortisol and glucocorticoids	167 183
11. DHEA and androstenedione	205
12. Pregnenolone	221
13. Aldosterone	231
14. Insulin	247
15. Estrogen and progesterone in women	267
16. Testosterone in women	299
17. Testosterone in men	317
18. Progesterone in men	347
V/ Treatment of particular problems:	359
A. Treatment of men's diseases:	361
The prostate:	361
How to lower excessive estradiol levels	362
How to treat benign prostate hypertrophy	364
3. What to do for prostate cancer patients	365
4. How to treat Peyronie's disease	367
B. Treatment of women's diseases:	369
1. How to correct excessive body hair and "male pattern" hair loss in women	369
2. How to treat endometriosis	372
3. How to treat uterine cancer patients	373
4-7. Treatment of benign breast cysts, breast cancer, menorrhagia, uterine fibroids	374
8. How to treat ovarian cysts	375

VI/ Quick Overviews		377
4. 5. 6. 7.	Laboratory tests: the initial hormone assessment Laboratory tests: the follow-up of hormone therapies	379 382 386 391 392 400 407 413
VII	Hormone References and bibliography	421
1	Melatonin treatment and pineal gland inhibition Melatonin: absence of serious scientific studies in humans? Melatonin deficiencies with melatonin (metabolite) levels within the reference range	423 438 439 443
2	Growth hormone in Adults GH treatment's influence on GH endogenous secretion Exercise as an alternative to GH treatment GH treatment and muscle strength GH treatment and functional capacities, metabolic rate, GH treatment and adverse effects, the diabetes controversy GH and cardiovascular system GH and cancer GH and life span	444 465 465 466 466 467 469 471 476
3 4 5 6	. Oxytocin . Vasopressin	479 485 496 504 518
	Does thyroid treatment definitely suppress the thyroid gland? Mild thyroid failure: to treat or not to treat Controversy on the best thyroid treatment: T4 or T4-T3? Thyroid treatment and the heart Thyroid therapy and bone density Thyroid hormone deficiencies with thyroid tests within the reference range: to treat or not to treat?	528 529 534 537 540 541
7		562 568
8 9	. Parathormone	569 574 586
1	O. Cortisol and glucocorticoids Cortisol or glucocorticoid treatment and adrenal suppression Glucocorticoids and bone density Memory loss and Alzheimer's disease: doubts on glucocorticoid use? Cortisol deficiencies with serum cortisol levels within the reference range: to treat or not to treat?	599 613 616 619 621

11.	DHEA and androstenedione	625	
	DHEA and adrenal suppression	643	
	DHEA and prostate cancer	643	
	DHEA and breast cancer	646	
	DHEA deficiencies with serum DHEA levels within the reference range:	650	
	to treat or not to treat?		
	Androstenedione deficiency with serum androstenedione levels within	656	
	the reference range: to treat or not to treat?		
12.	Pregnenolone	657	
13.	Aldosterone	660	
14.	Insulin	665	
15.	Estrogen and progesterone in women	677	
	Controversy on the use or avoidance of female HRT in women	702	
	I. Arguments against the use of non-bio-identical estrogens and		
	progestogens in women	702	
	II. Arguments in favour of the use of bio-identical estrogens and	=	
	bio-identical progesterone in women	709	
	III. Arguments in favour of the use of female hormones in women (as		
	well the bio-identical as the non-bio-identical): the therapy may	716	
	be neutral or even protect against breast cancer		
	IV. Arguments in favour of the use of female hormones in women with		
	female hormone deficiency: the therapy may preserve and improve	720	
	body, mind and lonegevity		
	Estrogen deficiencies with serum estrogen levels within the reference	734	
	range: to treat or not to treat?	734	
	Progesterone deficiencies with serum progesterone levels or its urinary	738	
	metabolite within the reference range: to treat or not to treat?	130	
	Serum FSH levels within the reference range associated to disease	740	
16. Te	estosterone in women	743	
	Testosterone deficiencies in women with serum testosterone levels	752	
	within the reference range: to treat or not to treat?		
17. Te	estosterone in men	755	
	Testosterone and testicular suppression	778	
	Testosterone and prostate cancer	779	
	Testosterone deficiencies in men with serum testosterone levels within	796	
	the reference range: to treat or not to treat?		
18. Pr	ogesterone in men	809	
Biblio	graphy	813	
	9.44)		
Recor	nmended books for physicians	813	
	nmended books for the general public	815	
	s and books by the author	816	
		3.3	
VIII/ Hormone therapy seminars, laboratories and compounding			
	harmacies		
ı			
IV/ Inc	lov	924	