

**Opening Statement  
Chairman Dan Burton  
Government Reform Committee  
Subcommittee on Human Rights & Wellness  
“Balancing Act: The Health Advantages of Naturally-Occurring  
Hormone in Hormone Replacement Therapy”  
July 22, 2004**

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**Good Afternoon, a Quorum being present, the Subcommittee on Human Rights and Wellness will come to order. I ask unanimous consent that all Members’ and witnesses’ written and opening statements be included in the record. Without objection, so ordered.**

**I ask unanimous consent that all articles, exhibits, and extraneous or tabular materials**

**referred to be included in the record. Without objection, so ordered.**

**In the event of other Members attending the hearing, I ask unanimous consent that they be permitted to serve as a Member of the Subcommittee for today's hearing. Without objection, so ordered.**

**The Subcommittee is convening today to examine the health benefits of using natural hormones in hormone replacement therapy.**

**As you may know, millions of American women are prescribed synthetic hormones by their doctors to assist with the decreasing levels of estrogen and progesterone in their bodies experienced during menopause, as well as other hormonal fluctuations that may occur. It may be surprising to note that many men in the United States are administered testosterone for similar decreases in hormonal levels due to the aging process, which progresses at a similar rate as menopause, called andropause.**

**While the declining concentrations of hormones in the body is entirely normal, hormone**

**replacement therapy should not be undervalued as a highly effective medical treatment. It not only balances the hormone level within a patient, but it also serves as a preventative measure to ward off potential health risks associated with imbalanced hormone levels such as: osteoporosis, and the #1 cause of death in the United States – heart disease.**

**Because naturally occurring substances cannot be patented in the United States, pharmaceutical companies must somehow manipulate hormones with additional chemicals in**

**order to be able to hold the manufacturing rights of these formulas.**

**Since pharmaceutical companies must mass-produce these synthetic hormones according to the formulations covered by a patent, they are only offered in certain doses as a “one size fits all” solution to hormonal imbalances. This results in many American women and men being administered either too much or too little of the hormones they need to properly address their wellness needs, thus creating the potential for further health complications.**

**Even more concerning is the nature of synthetic hormones. Because natural hormones must be manipulated by chemicals in order to be patented, the body does not recognize some of the components of the synthetic hormones, which causes some serious and potentially life-threatening side effects.**

**In 1991, the National Institutes of Health (NIH) launched the “Women’s Health Initiative,” one of the largest studies on hormone replacement therapy ever initiated in the U.S. This clinical trial observed 16, 608 postmenopausal women who received estrogen and progestin therapy or a**

**placebo, as well as 10, 739 women who had a hysterectomy and were given estrogen alone or a placebo. This study was supposed to continue until 2005; however, it was ceased in July of 2002 because the NIH's Data and Safety Monitoring Board found an increased risk of breast cancer, heart attacks, strokes, and total blood clots.**

**This information is especially sobering to me, as it has devastated my family forever. My wife, Barbara, was taking synthetic hormones when she contracted the breast cancer that eventually took her life, and I firmly believe that her overall**

**health and quality of life deteriorated because she was taking those doctor-prescribed hormones.**

**There is an alternative to the mass-produced and chemically altered hormones, and these are called biologically identical, or natural, hormones. Essentially, there are entities known as compounding pharmacies that are smaller-scale operations to pharmaceutical companies that produce medicines more specialized to accommodate a wide variety of patients, rather than the one-size fits all approach to manufacturing hormones.**

**These compounding pharmacies are located around the country, and have the capacity to concoct natural, plant-based hormone medications for use in hormone replacement therapy. Because these biologically identical hormones are the same chemical structure as the hormones created in the body, the body does not have the same harmful reactions as it does when the synthetic hormones are administered.**

**To better explain the health benefits of naturally occurring hormone, as well as the operation of compounding pharmacies, the Subcommittee will have the pleasure of hearing**

**from Dr. Stephen Hotze (Haute-zee), a physician and founder of the Hotze (Haute-Zee) Health & Wellness Center located in Houston, Texas. Dr. Hotze's (Haute-zees) practice specializes in using biologically identical hormones to assist both men and women correct hormonal imbalances. To gain a better perspective into the benefits of natural hormones in hormone replacement therapy, Ms. Vicki Reynolds, a patient of Dr. Hotze's (Haute-zees), is here with us today to share her personal experiences.**

**In addition, the Subcommittee will hear testimony from Ms. Carol Peterson with the**

**Women's International Pharmacy to discuss the operations of compounding pharmacies in the U.S.**

**Dr. David Brownstein is with us today to discuss the further benefits of using natural hormonal therapy to combat hypothyroidism. Dr. Brownstein has written a number of books on this subject, and is considered one of the foremost experts in the field of holistic medicine. The doctor also serves as the Medical Director at the Center for Holistic Medicine.**

**While many physicians believe that administering their patients hormones, whether synthetic or natural, is a beneficial tool to assist with hormonal transitions, there are some doctors who contend that scientific literature shows that these tactics are not necessarily the healthiest option for patients. In order to explain this viewpoint, the Subcommittee will hear testimony from Dr. Adriane Fugh-Berman (Few - Bur-man), an Associate Professor with the Department of Physiology and Biophysics at Georgetown University. Dr. Fugh-Berman (Few - Ber-man) is internationally known as an expert in the scientific evaluation of alternative medicine, as well as a**

**nationally recognized expert on the topic of women's health.**

**The U.S. Federal Government has produced many studies and has approved various drugs to assist in hormone replacement therapy. The Subcommittee has the distinct pleasure of hearing from Dr. Barbara Alving, the Acting Director of the National Heart, Lung, and Blood Institute at the Department of Health and Human Services, who will give an overview of the Department's activities in regard to this issue.**

**I look forward to hearing testimony from all our esteemed witnesses today, and I hope that the evidence presented in this hearing will empower both physicians and patients to weigh all possible options when selecting a course of treatment to correct hormonal imbalances.**