



Hormone Therapy Update:

Recent data has been published that again changes our approach to Estrogen Replacement Therapy (ERT). This data is from a long-term study that has followed nurses over time and is one of 2 main studies that have provided the bulk of data upon which recommendations have been made.

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Until this past month, a woman on ERT or on Estrogen/Progesterone-Hormone Replacement Therapy (HRT) for menopause was felt to be at higher risk for Breast Cancer. It now appears that women on ERT do **NOT** have an increased risk of Breast Cancer over the general population. This represents a major change and affects the recommendations to women who have had a hysterectomy and are considering ERT. There have been no major changes in the other risks/benefits involving ERT:

- 1) Estrogen therapy increased the risk of clot formation
- 2) Risk of cardiac events increases during the first year of ERT. This is followed by a reduction in risk in the 2nd year and then a leveling off or neutral effect thereafter.
- 3) The risk of stroke remains increased
- 4) Risk for dementia is reduced in women aged 50-59 but is increased in those over age 70. The data is unclear in women age 60-69.
- 5) There is a continued benefit for bone mineral density and protection from osteoporosis

The recommendations for women who have not had hysterectomy and require the use of Estrogen and Progesterone (HRT) for menopausal symptoms has not changed:

- 1) The increased risk of Breast Cancer is confirmed
- 2) There is an increased risk of clot formation
- 3) It remains unclear if there is an increased risk of Ovarian Cancer
- 4) Cardiac risk is worse than the ERT group.
- 4) The risk of stroke and dementia remains increased and is worse than for women on ERT.
- 5) The preservation of bone mineral density is the same as for the ERT group.

Vaginal Estrogen remains an option for those who choose not to take systemic estrogen but are looking to take advantage of some of the local effects on bladder and sexual function. There is very low systemic absorption and it can even be used in Uterine Cancer survivors.

Estrogen remains a complex issue that needs to be considered by each woman based on her symptoms, medical history and risk. We look forward to helping you understand the data and make a decision about estrogen that's best for your needs.

CIMT Testing

Carotid Intimal-Medial Thickness (CIMT) is an test that looks at the soft plaque that can form in the carotid artery and shows atherosclerosis before it hardens into the irreversible plaque that we see on standard vascular studies. The whole idea is to get a warning of what's to come before anything bad can happen.

We have arranged for CIMT testing to be done through our office in June and will offer this to our patients at our cost. This is the same test that we offered last year and people looking to follow-up that study will want to schedule their exam to see if treatments and lifestyle changes have resulted in any benefit. The company providing the test will schedule back periodically for those who can't make the date or need follow-up studies in the future. Please talk to us if you're interested in learning more about CIMT.

Testing will be done Friday, June 24th from 9am - noon. Afternoon times will be added if necessary. Appointments are scheduled every 10 minutes. The cost is \$150 per person due at the time of testing. Paperwork will be given so that you may submit the bill to your insurance for reimbursement. Please call the office to schedule.



Congratulations Ideal Protein Dieters. Our clinic has officially lost a TON of weight. Our total weight loss is now over 2000 pounds!

Karen is once again doing her annual MS 150 bike ride. The ride takes place in and around Mount Vernon, Deception Pass, Anacortes, and Bellingham on Sept. 10-11. This is a fundraiser for the National Multiple Sclerosis Society.



If you would like to make a tax deductible donation and help support Karen please log on to <http://bikewas.nationalmssociety.org>. Click on "Find a Rider", then type in Karen Anderson (Swedish Smyelin Babes team). You may also send a check to the office payable to the MS Society.

Last year she was able to raise over \$2500 and was one of the top 100 fundraisers for the event!

Dr. Williams will be out June 16-17, July 11-15 and Aug. 8-12.

Karen will be out June 21-24, July 21-22 and Aug. 15-26.

Ali will be out June 16-17, July 11-12 and Aug. 8-12.



Office News

Most of you have met or spoken with Jaime by now. She joined us a few months ago, taking over the front desk on Wednesdays. Jaime is doing a great job and we enjoy her smiling face.

Happy Birthday Quincy! 1 year old this month.



Contact us:

If you wish to contact the doctors for non-emergent issues, please use the following:

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*NOT TO BE USED FOR URGENT OR TIME SENSITIVE MATTERS.