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The Truth about Estrogen and Thyroid: a Summary

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After discussing the facts and fallacies concerning the infamous Women's Health Initiative for the thousandth time with my patients, I finally decided to write down my thoughts in a little booklet. So now, instead for spending many minutes rehashing the same old data with every new patient, I give a copy of the booklet to all my patients. The booklet is about 40 pages long and reviews the basic points of the study, and puts their data in perspective with the other existing data, showing in most cases, evidence of extreme anti-estrogen bias in both the design of the study and the (mis)interpretation of the results. Many references are given. My favorite quote is the following from the head of the study, Dr. Jacques Rossouw, when interviewed by Tara Parker-Pope in the Wall Street Journal on July 9, 2007. He essentially *admitted* that the WHI "study officials" planned the WHI study for the sole purpose of convincing the public that estrogen replacement was not beneficial, and that all our pre-existing data were wrong. Amazingly, he made the following statement.....

"study officials wanted to make a dramatic statement. 'Our main job at the time was to turn around the prevailing notion that hormones would be useful for long-term prevention of heart disease.' He says. 'That was our objective. That was a worthy objective which we achieved.'"

So there you have it. They planned to purposefully mislead the public into believing that HRT was bad for us and didn't prevent heart disease. But why would they do such an evil thing to women? Incredibly, he imprudently answers that question too! He goes on to say.....

"If you're going to use something to prevent atherosclerosis, your choice is statins, not hormones."

So who do you think is paying our friend Dr. Rossouw? I can't imagine. I suspect they are livid that he so eloquently spilled the beans about the WHI's true agenda.

Of course the saddest thing about this evil plot is that they gloriously got away with it. True, a few thousand or so docs out there understand what went on with the WHI, but the majority of docs were duped, just like the public was. So heaven only knows what will become of the art of hormone replacement in the future when those of us who know this dirty little secret retire and die out. So please share this information with your friends, so the truth might finally once again overshadow the lies.

As an aside, I suspect something like this also happened with how we are taught to treat hypothyroidism, only it happened back in the 1960s. Prior to the 60s, hypothyroid patients were treated symptomatically, until the patient felt well, but then SOMEONE, FOR SOME REASON convinced docs that treatment should be directed toward normalizing the TSH instead to toward making the patient well. And as we all know, a normal TSH usually does not yield a normal and happy patient. That's when all hell broke loose with thyroid management, and we started prescribing a million different drugs to treat each little symptom of hypothyroidism individually, because we forgot how to treat hypothyroidism correctly. I'd love to know how that happened, and as usual, I suspect the worst.

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