
Focus on Health

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Gynecologic Endocrinology

Testosterone News

A new book entitled The Testosterone Syndrome is now available in all bookstores. The book, written by Eugene Shippen, M.D. and William Fryer, is subtitled "Reversing the Male Menopause." Dr. Shippen is an internist in Reading, Pennsylvania, who has long championed hormone replacement therapy for both women and men. His book first came out in 1998 but was basically ignored by the medical community. Now, with testosterone gel available commercially and Suzanne Somers' book Breakthrough selling briskly, interest has ignited in both bioidentical hormone replacement for women and for men.

Of particular interest is that both estradiol and testosterone subcutaneous pellets are now available and FDA approved. They are inserted in the subcutaneous fat of the abdomen or hip each 3 to 4 months using local (skin) anesthesia with xylocaine. Blood levels are monitored periodically.

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As part of the professional services I feel should be provided by me to my patients, screening of the voluminous medical literature has become more and more important. The information in this newsletter is derived from periodicals and books which I have read and whose information I have consolidated. Perhaps you have seen an item that I have not included in this list or have not seen myself. If so, feel free to bring it to my attention.

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