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# Focus on Health

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I first became interested in Dehydroepiandrosterone, better known as DHEA, 25 years ago in relation to the effects of excessive DHEA levels related to certain diseases such as polycystic ovarian disease. It later became obvious to me that there was a greater potential for benefit to more women by administration of DHEA to those who had low levels than the benefit which is derived from lowering excessive levels of DHEA in certain disease states. It became clear that DHEA was subjected to the same first pass effect by the liver as other steroid hormones such as estrogen and that, therefore, administration of DHEA in cream form would be the preferred route. Clinical information continues to accumulate supporting this hypothesis.

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## DHEA Cream

Origin adrenal medulla

Water soluble

Strong affinity for SHBG  
(Sex Hormone Binding  
Globulin)

Positive effect on mood and  
wellbeing

Improves libido and sexual  
response

## DHEA Sulfate

Oral capsules

Cream

Improves skin and joints

Increases hair growth

Origin adrenal cortex

Fat soluble

Strong affinity for serum  
albumin

Positive effect on cognition  
and mobility

Responds to ACTH and  
stress