

# ConnectFitchburg.com

Covering Fitchburg, WI



28°F  
NW 12 MPH  
Click for  
Forecast

WeatherForYou.com <http://www.weatherforyou.com/weather/wisconsin/oregon.html>

[HOME \(/\)](#) | [NEWS \(/ARTICLES/NEWS\)](#) | [COMMUNITY \(/ARTICLES/COMMUNITY\)](#) | [SCHOOL NEWS \(/ARTICLES/SCHOOL-NEWS\)](#) | [BUSINESS \(/ARTICLES/BUSINESS\)](#) |  
[HEALTHY LIVING \(/ARTICLES/HEALTHY-LIVING\)](#) | [ASK THE EXPERT \(/CONTENT/ASK-EXPERT\)](#) |  
[PHOTO GALLERY \(HTTP://UNGPHOTOS.SMUGMUG.COM/FTCHBURGSTAR/COMMUNITY\)](http://ungphotos.smugmug.com/fitchburgstar/communit) | [UNG PUBLICATIONS \(/ARTICLES/UNG-PUBLICATIONS\)](#) |

[Home \(/\)](#) >

Shop local. Give local.



click for more info

<http://www.connectfitchburg.com/simpleads/redirect/204>

Helping to keep Wisconsin healthy

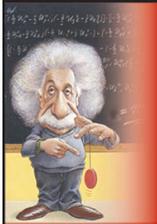


<http://www.connectfitchburg.com/simpleads/redirect/3096>

**Unity**  
Health Insurance  
Affiliated with UW Health

[Advanced Search \(/archive\)](#)

Search Articles ...



**Need Advice?**

Ask our local experts!

Click here to view the Professional Advice section

<http://www.connectfitchburg.com/simpleads/redirect/2851>

## Hormone replacement therapy not dangerous for all women

Submitted by Anonymous on Wed, 10/01/2008 - 09:15

By: Hannah Disch

Despite the widely publicized risks of hormone replacement therapy, it still has a place in treating depression and mood disorders associated with menopause.

That's the assessment of Dr. David Rubinow, an expert in the topic who spoke Sept. 27 in Madison.

Although many women experience menopause with little or no difficulty, hormone replacement therapy had been used to treat women experiencing depression and other negative symptoms associated with menopause.

It fell out of favor after the Women's Health Initiative Study found hormone replacement therapy increased the risk of heart disease and breast cancer, and supposedly had little beneficial effect on mental health.

However, Rubinow said the study had several limitations. For example, it involved only postmenopausal women, women who were past what Dr. Rubinow calls the window of opportunity for hormone replacement therapy.

More recent studies have shown that treatment with estradiol, a form of estrogen, significantly treated menopause related depression, but only in perimenopausal women (women in the beginning stages of menopause). Dr. Rubinow said the WHI study excluded women with any symptoms of depression, making it difficult to detect an improvement in mood associated with treatment.

According to Dr. Rubinow, many of the women in the study already had other health risks for heart attacks. Subsequent studies have shown that estradiol reduces coronary heart risk, but only in recently perimenopausal women.

Also, 25 percent of the women in the WHI study had already been on hormone replacement therapy for more than four years. When those women were excluded from the results, no increased risk of breast cancer was associated with hormone replacement therapy.

**Chad T. Mueller, D.D.S.**



152 Alpine Pkwy  
Oregon, WI 53575

**(608) 835-0900**

Office Hours: M-Th 7am-5pm

*New Patients Welcome!*

<http://www.connectfitchburg.com/simpleads/redirect/201>

11

Administering estradiol for perimenopausal depression dramatically improves the symptoms of depression for some women, although it probably won't be prescribed to women with family histories or symptoms of heart disease or breast cancer. He also emphasized that not all hormone preparations are the same.

Genetic differences explain why lower levels of estrogen associated with menopause affect women differently, Dr. Rubinow said. The beneficial effects of hormone replacement therapy reflect the fact that "gene expression can be altered in an enduring fashion by the environment," he said.

"We need to recognize that symptoms of depression during perimenopause aren't inevitable. They are insidious. They are hormone responsive symptoms and can be treated in different ways. But there are no simple answers," Dr. Rubinow said.

Dr. Rubinow is Assad Meymandi Professor and chair of Psychiatry and professor of Medicine at the University of North Carolina at Chapel Hill. His lecture was sponsored by the Wisconsin Medical Society Foundation.

[News \(articles/news\)](#)

**Book Your Eye Exam  
This Summer!**

**PEARLE**  
EST. 1961  
**VISION™**

*Click for more information*

6231 McKee Road, Suite C • Fitchburg  
(608) 273-2020  
[www.pearlevision.com/westmadisonwi](http://www.pearlevision.com/westmadisonwi)  
MadisonEyecare@aol.com



<http://www.connectfitchburg.com/simpleads/redirect/2021>

**CUTEST  
KIDS  
CONTEST**

*Click here  
to submit  
your  
entry*



<http://www.connectfitchburg.com/simpleads/redirect/27501>

**Verona Area  
School District**  
*"School and Community—United for Excellence"*

**Parents Providing  
Transportation to Private Schools**

*Click here to view document*

<http://www.connectfitchburg.com/simpleads/redirect/31401>

**View the  
MOST  
Online  
Property Listings at  
FirstWeber.com**

**FIRSTWEBER**  
Group  
REALTORS®

**SEARCH NOW**

<http://www.connectfitchburg.com/simpleads/redirect/1661>