



Testimonial: “Estrogen and My Sense of Well-Being”

To whom it may concern,

“I am writing this letter as a testament to how estrogen dramatically changed my sense of well-being. I recently learned from my cardiologist that my estrogen level was that of a child under the age of six. He explained to me that since it had been eight years since my hysterectomy my postmenopausal issues might not be effectively treated with hormones. However, I was referred to Dr. Gordon Gunn for consideration of hormone therapy.

“In summary: I fell into a deep depression over three years ago, which I attributed to real life changing tragedies. Loss of three immediate family members in one week, divorce, grand theft and sabotage with my business by my closest and trusted friends justified the reasons for my depression. I sought professional help when I had little will to live. I am going on two years of maximum doses of two antidepressants, which alleviated most of the emotional and mental anguish. Yet I remain reclusive, unmotivated, emotionally numb, and incapable of focusing associated with memory loss. I could not articulate my thoughts verbally and my employees were finishing my sentences. My self-confidence was nonexistent.

“Realizing I likely had early stages of dementia or Alzheimer’s disease I got my affairs in order. Between my psychiatrist, cardiologist, and neurologist it was finally agreed to begin cognitive testing. Meanwhile, at the suggestion of my cardiologist I made an appointment with Dr. Gunn to seek information on hormone therapy. Dr. Gunn took my situation seriously, asked me many questions and gave me detailed explanation as to what I may expect with a trial of estrogen replacement. He was sincere and genuinely cared about my particular case. He reassured me I would feel better physically and mentally shortly.

“Surprisingly, within days of using the estrogen patches I felt as though the fog I lived in for several years was lifted. I had clarity of my surroundings. Progressively over the four weeks that I’ve been on estrogen replacement I have become stronger, in control, my vocabulary has grown tremendously and my self confidence has improved greatly. I feel genuine happiness again and laugh hard and frequently - Just as I did 5 to 7 years ago. I had forgotten the feeling of my stomach muscle aching after a good laugh. It is difficult explaining the many extraordinary changes without saying the generic quote “I didn’t believe I could ever feel this way again”. However this is a fact. This is very real – my life, my mind, and my value of self have been restored.

“I have a brain MRI in four days, with and without contrast, for the dementia I no longer have. I will not cancel the test, regardless of the fact that the fog I’ve lived in has dissipated. I want to prove to the three doctors my ‘*mental illness*’ was due to a lack of estrogen. I realize hindsight is 20/20, but I wish my psychiatrist had tested my hormone levels prior to giving me mass doses of antidepressants. I don’t hold him accountable, but I realize most women are grossly misdiagnosed. There is no greater disease than mental illness as one is incapable of making decisions for themselves. All women deserve to have focus, clarity of thought and mind, self confidence, healthy self-esteem and the power to not allow those around you to become abusive, simply because they can. I am back in the driver’s seat and forging ahead with reassurance all my life challenges will be dealt with logically, with focus and a strong and determined “Me’.”

Jennifer T.

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