CHOICE, Compounded Bioidentical Hormone Replacement Therapy Outcomes: Immune, Inflammatory and Cardiovascular Effects in Premenopausal, Perimenopausal, and Postmenopausal Women.

Principal Investigator: Kenna Stephenson, MD, FAAFP; Associate Professor of Family Medicine; The University of Texas Health Sciences Center

Research regarding the cardiovascular, metabolic, psychoendocrine, and neuroimmune risks or benefits of bioidentical hormone replacement therapy (BHRT) is limited to short term interventions in the scientific literature. [43-61] Our prospective, longitudinal, case-controlled study will compare an interventional group of women receiving BHRT to a control group of women receiving usual care over a three year period. Our study seeks to identify the short term and long term effects of bioidentical hormone replacement therapy (BHRT) on the clotting cascade, immune signaling and inflammatory factors, mood indicators, health related quality of life measures, biomarkers of cardiovascular risk, C-Reactive protein; Interleukins 6, 8, 10, 18; Tumor Necrosis Factor Alpha; Matrix Metalloproteinases; Triglycerides; fasting Insulin; Insulin-like Growth Factor; Estrogen; Androgens; T cell and B cell mitogen response; and genetic characteristics of the Fc Gamma Receptor and clinical outcomes related to cardiovascular disease risk in women.

*Preliminary findings of this prospective three year clinical study were selected in a peer-review process for presentation at the 47th Annual American Heart Association Conference on Cardiovascular Disease Epidemiology and Prevention. The abstract was published in *Circulation*, Feb. 27, 2007; 115(8).

[43-61] *For references please e-mail Mimi Márquez at mimi@iacprx.org.*