

House Human Services Committee
January 24, 2007
Testimony in support of HB 268
Mary Gettel

Many health care consumers are not fully informed prior to non-emergency surgery. They are not given adequate information to make informed decisions.

- All options, including no treatment
- All advantages, disadvantages, risks, and long-term consequences of all treatment options
- All information regarding all of the functions of body parts that are being considered for alteration or excision
- All of the risks associated with short-term and long-term medications required due to proposed surgery
- All of the above information needs to be in written form, preferably with documented risk percentages
- Only the patient has the right to make decisions regarding non-emergency interventions

Some of the well-known, documented consequences of hysterectomy and castration that I was **not** informed of are:

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|---|--------------------------------|
| ▪ Loss of short-term memory | ▪ Painful intercourse |
| ▪ Vaginal damage | ▪ Bone loss |
| ▪ Chronic and severe constipation | ▪ Bone, muscle and joint pain |
| ▪ Persistent exhaustion | ▪ Substantial weight gain |
| ▪ Increased risk of gallbladder disease | ▪ Loss of muscle and skin tone |
| ▪ Increased risk of heart disease | ▪ Emotional changes |
| ▪ Loss of sexual feeling and desire | ▪ Adhesions |
| | ▪ And many more |

Some of the well-known, documented risks of hormone supplementation that I was **not** informed of are:

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|---------------------------|-------------------------|
| ▪ Gallbladder disease | ▪ Stroke |
| ▪ Cancer of the breast | ▪ Myocardial infarction |
| ▪ Heart disease | ▪ Visual loss |
| ▪ Abnormal blood clotting | ▪ Cancer of the uterus |

I expect to be fully informed before making decisions that affect my life. I am the only one that I want to make decisions about my body in non-emergency situations. I urge you to support HB 268.

Thank you,
Mary Gettel



Tel: (800) 888-9358 (719) 262-0022
Fax: (800) 556-5893 (719) 262-0035
3505 Austin Bluffs Pkwy, Suite 101
Colorado Springs, CO 80918

STORE HOURS
M-F.....8:30 a.m. – 6:00 p.m.
Sat & Sun.....Closed

Last updated: 10/09/02

GENERIC NAME: PROGESTERONE (pro-JESS-ter-one) MICRONIZED (P4). This hormone is chemically identical to progesterone of ovarian origin.
COMMON USES: Progesterone is used for postmenopausal hormone replacement therapy. Progesterone is used in combination with estrogens to decrease the risk of developing a condition called endometrial hyperplasia that may lead to cancer of the lining of the uterus. Progesterone is also used in the treatment of secondary amenorrhea (absence of menstrual periods in women who have previously had a period) due to progesterone deficiency. Progesterone is one of the hormones essential for regular menstrual periods.

DO NOT USE PROGESTERONE SUPPLEMENTATION:

- If you are allergic to progesterone, progesterone-like drugs or inactive ingredients.
- If you have or have had blood clots.
- If you have liver disease.
- If you have known or suspected cancer of the breast or reproductive organs.
- If you have unusual bleeding from the vagina, not evaluated by a physician.
- If you have a miscarriage and your physician suspects some tissue remains in the uterus.
- If you are nursing.

RISKS OF PROGESTERONE SUPPLEMENTATION:

- **Abnormal Blood Clotting.** Use of progestational drugs has been associated with changes in the blood clotting system. These changes allow the blood to clot more easily, possibly allowing clots to form in the bloodstream; possibly leading to stroke, heart attack, pulmonary embolus, visual loss or blindness, others. Speak to your doctor if you suspect that you have any of these conditions.
- **Eye Abnormalities.** Discontinue progesterone and call your doctor immediately if you experience sudden partial or complete loss of vision, blurred vision, or sudden onset of bulging eyes, double vision, or migraine.

POSSIBLE SIDE EFFECTS:

Consult with your doctor or pharmacist if you experience any of the effects listed below or any other effects not listed.

- Dizziness, Headache, Muscle or Bone Pain/Back Pain/Joint Pain, Fatigue, Diarrhea, Chest Pain, Coughing, Upper Respiratory Tract Infection/Viral Infection, Hot Flashes, Urinary Problems, Vaginal Discharge/Vaginal Dryness, Night Sweats, Abdominal Pain (cramping), Breast Pain/Tenderness, Bloating, Nausea/Vomiting, Irritability/Mood Swings/Depression/Worry.
- A small percentage of women may experience extreme dizziness and/or drowsiness during initial therapy.

PRECAUTIONS:

If you are pregnant, suspect that you are pregnant or are breast-feeding – call your doctor to discuss the risks to your baby.

Use caution when driving a motor vehicle or operating machinery as dizziness or drowsiness may occur.

Be alert for unusual signs and symptoms. Call your doctor immediately if any of these warning signals happen while taking progesterone:

- Breast lumps, Pain, Swelling, Tenderness in the abdomen, Tremors or seizures, Migraine headaches, Shortness of breath or asthma, Heart or Kidney problems, Abnormal bleeding from the vagina, Feelings of depression, Pain in the calves or chest, sudden shortness of breath, coughing blood – indicating possible clots in the legs, heart or lungs, Severe headache, vomiting, dizziness, faintness, changes in vision or speech, weakness or numbness in an arm or leg – indicating possible clots in the brain or eye.



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GENERIC NAME: ESTRADIOL, ESTRIOL, ESTRONE, BREST, TRIEST

COMMON USES: These are estrogen hormones used to provide additional hormone when the body no longer produces enough. They are also used to help prevent osteoporosis (weakened bones). Estrogens may also be used to treat cancer and other conditions as determined by your doctor.

PATIENT INSTRUCTIONS: Follow the directions for using estrogens provided by your doctor. Estrogens may come with a patient information leaflet. Read it carefully. Ask your doctor, nurse, or pharmacist any questions that you may have. Estrogens **MAY BE TAKEN** on an empty stomach or with food. **STORE** at room temperature in a tightly-closed container, away from heat and light. **IF YOU MISS A DOSE**, take the missed dose if you remember the same day. Skip the missed dose if you do not remember until the next day. Do not take 2 doses at once.

CAUTIONS: YOU MAY EXPERIENCE absence of menstrual periods while using estrogens. If you experience irregular menstrual periods, contact your doctor. YOU SHOULD PERFORM REGULAR self-examinations of your breasts. If you have questions about how to do this, ask your doctor, nurse, or pharmacist. Estrogens **MAY CAUSE** dark skin patches on your face. Exposure to the sun may make these patches darker. If patches develop, use a sunscreen or protective clothing when exposed to the sun, sunlamps, or tanning booths. **IF YOU WEAR CONTACT LENSES** and you develop problems with them, contact your doctor. Estrogens are **EXCRETED IN BREAST MILK**. **IF YOU ARE OR WILL BE BREAST-FEEDING**, check with your doctor or pharmacist to discuss the risks to your baby. **IF YOU HAVE DIABETES**, estrogens may affect your blood sugar. Check blood sugar levels closely and ask your doctor before adjusting the dose of your diabetes medicine.

POSSIBLE SIDE EFFECTS: A SIDE EFFECT that may go away during treatment, is nausea. If it continues or is bothersome, check with your doctor. **CHECK WITH YOUR DOCTOR AS SOON AS POSSIBLE** if you experience headache; vomiting; breakthrough bleeding, spotting or change in menstrual periods; breast tenderness; weight change; or swelling of your fingers or ankles. If you notice other effects not listed above, contact your doctor, nurse, or pharmacist.

CONTRAINDICATIONS: Estrogens should not be used in individuals with any of the following conditions: 1. Known or suspected pregnancy. 2. Undiagnosed abnormal genital bleeding. 3. Known or suspected cancer of the breast except in appropriately selected patients being treated for metastatic disease. 4. Known or suspected estrogen-dependent neoplasia. 5. Active thrombophlebitis or thromboembolic disorders.

DANGERS OF ESTROGEN: 1. Cancer of the uterus. 2. Cancer of the breast. 3. Gallbladder disease. 4. Abnormal blood clotting. 5. Heart disease. 6. Myocardial infarction. 7. Stroke.

REDUCING THE RISK OF ESTROGEN USE: If you are using estrogen, you can reduce your risks by doing these things: 1. See your doctor regularly. 2. Reassess your need for estrogens at least every 6 months. 3. Use the lowest dose for the shortest duration of time. 4. Consider supplementation with indole-3-carbinol (Cervaplex™, Indoplex®) to support the pathways of estrogen metabolism and detoxification. 5. Be alert for signs of trouble: a) Abnormal bleeding from the vagina. b) Pains in the calves or chest, sudden shortness of breath, or coughing blood. c) Severe headache or vomiting, dizziness, faintness, changes in vision or speech, weakness or numbness of an arm or leg. d) Breast lumps. e) Yellowing of the skin or eyes. f) Pain, swelling, or tenderness in the abdomen.