



# Hormone Optimization in Preventive/Regenerative Medicine--Second Edition

*Ron Rothenberg MD, Kris Hart MN RN-C FNP, Roger Rothenberg BA*

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Hormone Optimization in Preventive/ Regenerative Medicine- a Nuts and Bolts Approach to Management was written to educate physicians about hormone optimization and to be a reference and a companion guide. We realize that there is a large amount of information to absorb in this book. Practicing good medicine requires state of the art scientific information, clinical experience and judgment. What we hope to provide here is showing you our approach to managing our patients and providing you with peer review literature to support our management style. There are many aspects of this field of medicine that are controversial and even lead to emotional arguments. Conventional wisdom is often supported by myths not evidence. Because of these controversies we have provided the full abstracts of the medical literature we cite. In this way the reader can get a deeper understanding of the scientific information that is the basis of hormone optimization. Note to Patients- This is not a guide to self-treatment. Please discuss this with your physician and hand her the book if you wish.

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