

# *Dr. Goldman's Book Reviews*

## **THE Sexy Years**

DISCOVER THE HORMONE CONNECTION:  
THE SECRET TO FABULOUS SEX, GREAT HEALTH, AND VITALITY FOR  
WOMEN AND MEN

By

**Suzanne Somers**

Crown Publishers

This is the **original book of Suzanne Somers' where she talks about her experience with Bioidentical hormones**. It is largely a series of interviews with physicians and other health professionals regarding hormone use and menopause. It is amazing that most criticism leveled at this book by the mainstream medical community is against Suzanne Somers. Even if one disagrees with some of Ms. Somers' points, as a physician, my agreement or criticisms should be leveled at the various professionals interviewed in the book. Each of the doctors interviewed has their own books, some of which are noted on my reference list. I will take the physicians individually and note some of my cautions.

The sections wholly written by Somers have much good material on life style, exercise, diet and attitude. **Suzanne Somers approaches her life in a Holistic way that should be applauded.**

### **Dr. Diana Schwarzbein:**

Dr. Schwarzbein is a medical Endocrinologist. Her main expertise is in diabetes management. She has written *The Schwarzbein Principle*. She has many good insights about diet, exercise and the dangers of elevated insulin levels. Unfortunately, she makes one major error in menopause management. She believes that Progesterone is the cause of Diabetes of Pregnancy. This is incorrect. The placenta makes a hormone called Human Placental Lactogen (HPL). HPL raises insulin resistance and can lead to diabetes of pregnancy. Progesterone does not cause insulin resistance. Because of this error, Dr. Schwarzbein uses minimal progesterone for too short an interval.

Dr. Schwarzbein also mistakenly believes that bleeding every month is vitally important. As a result of these two errors, she prescribes too much estrogen and progesterone for too few days in a row. This leads to estrogen dominance and increases the risk of Endometrial Cancer, cancer of the lining tissue of the uterus. In her new book, *Ageless*, Somers recounts her heavy bleeding and excess uterine lining growth that resulted in her having a **hysterectomy**. Unfortunately, neither Somers nor Schwarzbein understand that too much estrogen and too little progesterone was the cause of this problem. On

withdrawing hormones from a menopausal woman, there should be little or no bleeding. The lining of the uterus should be quiet.

**Dr. Uzzi Reiss:**

Dr. Reiss is a Gynecologist. He also has his own book. His information is good. In his book, he describes using mostly oral hormone drops. I understand that he has changed from this method of administration since his book was published.

**Drs. Laura Berman and Jennifer Berman:**

The information in this section is generally good but I have a couple of caveats. Although there are benefits of **Testosterone therapy**, using the hormone only in amounts sufficient to bring a woman back into the normal **female** range has only a small effect on libido. Many of the doctors who use testosterone shots or pellets to increase libido, administer huge doses. I have measured the levels on some of these patients and found Testosterone levels ten or twenty times the normal female range. This can't be good.

The Bermans promote Viagra use in women. In general, it does little for either desire or performance. Unfortunately, the great female libido drug still eludes us.

**Dr. Eugene Shippen:**

He is one of the few to make it into the second book, *Ageless*. There is lots of good information. His book, *The Testosterone Syndrome* is a valuable resource.

**Dr. Michael Galitzer:**

Anti-aging is a complex field. This small text can only be a jumping off point for study.

I recommend *The Sexy Years* for anyone seeking an easy to read volume on menopause and hormone management.

Robert P. Goldman, MD