

**DHEA consent form**

Name: \_\_\_\_\_

Conventional & CAM Diagnoses: \_\_\_\_\_

Rationale/Symptoms: \_\_\_\_\_

About Treatment with DHEA hormone:

- DHEA is a hormone synthesized predominantly by our adrenals glands. DHEA **modulates the cortisol stress response** and is also a **precursor to estrogen & testosterone**.
- DHEA levels drop naturally as we age, and may also be lower in persons with **chronic stress, chronic fatigue, adrenal failure**, post-menopausal or post-chemotherapy.
- DHEA can be given **orally** or **topically**. Typical doses are 5-15mg/d (F), 10-25mg/d (M).  
Take the *lowest dose required* for the *lowest amount of time*.
- Use of DHEA **may not be considered conventional medicine** depending on the indication.

Benefits:

- *Libido*: vaginal DHEA can improve **vaginal dryness & libido** (conventional, good evidence).
- *Adrenal failure*: DHEA may be considered as conventional treatment when used as an adjunct to other adrenal cortisol hormones (moderate evidence for improvement in quality of life).
- *Fatigue*: DHEA may be used in persons with **fatigue** and low DHEA to improve energy levels, mood, and general well-being. Supplemental DHEA for fatigue is considered non-conventional; recommendation for use is based on clinical experience and low quality evidence.
- *Pregnancy*: DHEA might improve the rate of **pregnancy** success with IVF or history of multiple miscarriages. This indication is not conventional, but is based on preliminary evidence.

Risks:

- Growth of **hormone dependent cancers** (breast, ovary, endometrium, prostate).
- *Androgenic in women*: hair growth, acne, oily skin, menstrual irregularity, wt gain.
- *Estrogenic in men*: hair loss, gynecomastia, weight gain, infertility, moodiness/irritability.
- Pregnancy: cessation of DHEA during pregnancy is recommended due to its potential androgenic effects, which could be teratogenic.

Contraindications: Active Pregnancy, hormone-cancer: breast/uterine/endometrial/prostate.

Monitoring: Bloodwork for DHEA, estradiol, estrone, testosterone – especially oral DHEA.

Alternatives: No treatment (symptoms may persist).

*Lifestyle changes:* exercise, sleep, mind-body practices.

*Vitamins & supplements.*                      *Herbal adaptogens.*

*Adrenal Hormone Support:* Dessicated adrenal extracts.

**I have read & understand the above material. I have had the opportunity to ask questions. I give my voluntary informed consent to treatment. I may request a paper copy anytime.**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_