

From: Peter Attia <[REDACTED]>
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Subject: Podcast is live: #42 – Carol Tavaris, [REDACTED], and Avrum Bluming, [REDACTED]: Controversial topic affecting all women—the role of HRT thru menopause and beyond
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Greetings -

Released a new episode this morning: [#42 – Carol Tavaris, \[REDACTED\], and Avrum Bluming, \[REDACTED\]: Controversial topic affecting all women—the role of hormone replacement therapy through menopause and beyond—the compelling case for long-term HRT and dispelling the myth that it causes breast cancer.](#)

In this episode, Carol Tavaris, social psychologist and author of *Mistakes Were Made (But Not By Me)*, and Avrum Bluming, hematologist, medical oncologist, and emeritus clinical professor at USC, discuss their collaboration on their recent book, *Estrogen Matters*. Their book takes on the very polarizing and confusing topic of hormone replacement therapy for women suffering with symptoms of menopause. In many ways, the story and history of HRT is in striking parallel to the bad science that led up to the dietary guidelines being set forth in 1980. Carol and Avrum make a compelling case that most women benefit greatly from being on postmenopausal hormone replacement therapy, and can do so without increasing their risk of breast cancer. We also cover the history of HRT, the impact of the Women's Health Initiative, and take a deep dive into each of the clinical conditions for which HRT should be considered, such as cardiovascular disease and neurodegenerative disease, and osteoporosis, to name a few.

The link above takes you to an episode landing page where you can find the show notes, listen to the episode, access references from the conversation, and more.

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- Peter

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