Dear Physician,

Re: Hormone Replacement Drugs for the Treatment of Menopausal Symptoms
Premarin®, Prempro® and Aprela® (awaiting approval)

Please refuse to prescribe the Premarin® family of drugs.

Hormone Replacement Therapy drugs derived from the high concentration of estrogen (conjugated equine estrogens or CEEs) in pregnant mare's urine (PMU) such as Premarin® and Prempro® are listed as "known human carcinogens" by the National Toxicology Program as well as the World Health Organization (WHO).

It is widely believed that the risks of taking these medications far outweigh the benefits offered as has been proven time and again through several studies and surveys, particularly the alarming NHLBI / NIH's Women's Health Initiative (WHI).

The Women

Several nationwide studies, most notably the NHLBI / NIH's Women's Health Initiative, have unmistakably linked the use of HRT to cancer, heart disease, stroke and dementia even in reduced dosages.

Women who take these drugs face significantly increased risks of: invasive breast cancer (26%), heart disease (29%), strokes (41%), blood clots to the lungs and legs (50%), ovarian cancer (60%), impaired cognitive function, dementia and Alzheimer's, asthma, lung cancer, malignant melanoma, and reduced insulin resistance, among others. With each passing day new evidence is uncovered that supports the dire consequences associated with the use of these CEE-derived HRT therapies.

Despite these findings, particularly in the case of Prempro® which has been widely credited as the cause of increased breast cancer rates, Pfizer continues to sell these hormone replacement therapies with approval from the FDA and other regulating bodies around the globe. Even taking estrogen alone increases a women's risk of stroke as well as endometrial cancer and does not reduce their risk of coronary heart disease.

Yet more worrisome is the fact that these carcinogenic medications are available in the US and other countries without a prescription and therefore dangerously uncontrolled drugs.

In 2009, as part of an on-going lawsuit, a US District Court Judge granted a motion to publicize papers supporting the use of Prempro® and other derivatives of the Premarin® family of drugs written by non-accredited writers which were then "authored"

by medical academics. Disturbingly these ghostwritten articles emphasized the benefits while diminishing the risks of using CEE hormone replacements.

To date Pfizer has lost 10 of the 18 Prempro® lawsuits it has faced since trials began in 2006 and has settled out of court on several of the others. Yet they continue to market and sell these deadly drugs to millions of vulnerable women. The on-going lawsuits have repeatedly shown that Wyeth (now a division of Pfizer) failed to adequately warn consumers about the risks of these drugs and purposely hid the risk of breast cancer and other diseases.

In January of 2012 Pfizer announced its intent to seek U.S. regulatory approval to sell the combination osteo-menopausal drug Aprela®. "Limited" studies on Aprela®, a combination of bazedoxifene (Viviant®) and CEEs in the same concentration as Premarin®, have shown to decrease some of the risks associated with the Premarin® derivatives.

However, bazedoxifene, a selective estrogen receptor modulator or SERM has been unsuccessful in receiving approval from the FDA as a result of increased risks of stroke and thromboembolic events. Regardless of the claims that these two compounds have a synergistic outcome and mitigate the side effects of each other this is nonetheless unsettling on both accounts given the history of CEE-based HRT and other SERMs.

The Horses

Life for the PMU mares is harsh.

The mares are repeatedly impregnated, on average of 12 years, and spend 6 months of their 11-month pregnancy confined to stalls so small they have difficulty turning around or lying down. Most of this time is spent standing up on cold concrete floors.

During this time they are permanently attached to cumbersome rubber urine collection bags hanging between their hind legs that chafe their flanks, cause infections and severely limit movement.

Water intake is routinely restricted to concentrate the amount of estrogen in their urine potentially causing life-threatening renal and liver disorders.

The fate of the foals – the "by-products" of the industry – and the mares who cannot conceive is bleak. Most are sold at auction to "kill buyers" and ultimately end up at the slaughterhouse where they will be improperly stunned, dismembered, butchered and their meat sold for human consumption in countries where there is an appetite for it.

Although Pfizer / Wyeth has significantly downsized the number of PMU farming operations in North America, Pfizer's projected annual sales for HRT therapies – Premarin® and Aprela® – are over one billion USD by 2015. This is compelling

evidence that they have moved these facilities to other parts of the world, and likely a direct result of the negative publicity received regarding the treatment of the horses cruelly exploited to produce these drugs.

What was and is today a brutal industry in the abysmal treatment of the pregnant mares and their foals in North America will prove to be even more devastating for them in countries seemingly more accepting of animal abuse, horse slaughter and the consumption of the meat from these heinous practices.

Please Refuse to Prescribe Premarin®, Prempro® and Aprela® (awaiting approval)

Choosing plant-derived or synthetic estrogen or adopting dietary changes and exercise programs designed to alleviate menopausal symptoms can save the lives of both women and horses.

Please talk to your patients regarding alternatives to these CEE-based hormone replacement therapies. There are much safer and more humane treatment options available.

While women can choose whether or not to engage in a regimen of Premarin®-related therapy, unfortunately the mares and their foals have no voice and are at the mercy of the pharmaceutical industry.

Sincerely,

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