



Women's Hormone Center of Northern Virginia, PC

Donna Hurlock, MD

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Dear Patients,

It was with mixed emotions that I decided to retire on July 31, 2021. Many years ago, during college, I decided to pursue a career in medicine so I could help people have better lives. I hope I have accomplished that goal. To give each of you the best care possible has always been my goal, and it has been my greatest honor to receive your trust in that pursuit. It's been very personally satisfying to see how my efforts have helped so many stay healthy and well for over three decades.

In order to continue your hormonal management that we have started, I encourage you to develop a relationship soon with another physician. For those patients who are local, below is a list of open-minded physicians who should be able to help with those needs. For those patients who live further away, you might find a physician on the web site www.thyroidchange.org that lists physicians who manage hypothyroidism in a non-traditional way. Or you could try a website called www.HypothyroidMom.com that offers telemedicine services. Another way to find physicians who know how to prescribe hormone replacement is to ask your pharmacist "Who prescribes a lot of hormone replacement around here?" "Who prescribes a lot of Armour thyroid?" Whatever you do, if you are on estrogen replacement, please do not stop that therapy since data show that those who do stop it have increased cardiovascular mortality. And you know what happens when you stop thyroid!

In addition, since the word "doctor" means "teacher" in ancient Greek, there is a final homework assignment! If you haven't already done so, please read the books "Estrogen Matters" by Dr. Avrum Bluming (2018) and of course "Hypothyroidism, The Unsuspected Diagnosis" by Broda Barnes (1976). Perhaps you can use those books as resources to teach others about the health benefits that can be achieved by replacing hormones when they become deficient. In addition, I hope to finish my own book about clinically based thyroid replacement in the not-too-distant future. When that book is available, a notice will appear on this website.

Finally, I would also like you to know that if you or anyone you know becomes ill with the Wuhan Corona Virus, please know that it is usually very easy to cure with either hydroxychloroquine or Ivermectin, particularly when treatment is initiated early. (See FLCCC Alliance and

www.AmericasFrontlineDoctors.com for more info.) No one should be dying from this virus, and highly treatable infections (like this virus) generally don't require vaccines. Sadly, the media and those in power have spread the false notion that this virus is not treatable, and therefore you MUST have a vaccine. If your primary care doctor will not offer you these inexpensive, safe and effective treatments, you can obtain them through the mail via a telemedicine visit available through the websites above and at www.SpeakWithAnMD.com. It's good to have these meds on hand before you get sick. I've also heard good things about TruPointHealth.org in Fairfax.

Thank you for allowing me to care for you. Your trust, loyalty and friendship over the years has been a great gift to me and I will miss that. Best wishes for your future health and wellness.

Sincerely,

Donna Hurlock MD

Alan Weiss, MD, Internist, Annapolis, 410-266-3613.

Anca Sisu, MD, Functional Medicine, Alexandria, 703-215-2454. (Prefers lower doses of thyroid.)

Lily Conrad, MD and Kate Lemmerman, MD. Well Being - Being Well Family Practice, McLean, 703-635-2158.

Jessica Scalzo, CRNP, Integrative Medicine, Aldie, 703-327-2434.

Michael Emmer, MD, Endocrinologist in Bethesda. 301-530-5060. If you are on HRT and have a history of breast cancer, this is who you should see. He will also do thyroid of course.

Jim Simon, MD. Gynecologist, educator and researcher and ex-president of the North American Menopause Society. Office in DC at 202-293-1000.

James Kacedan, MD. Gynecologist in Fairfax near my office will do HRT. He will not do clinically based thyroid however. Nice man. 703-691-1188.

www.thyroidchange.org.

www.HypothyroidMom.com.

Others may be added later.