



Women's Hormone Center of Northern Virginia, PC

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Dear Patient,

I'm writing to inform you that the time has come for me to close my practice. After much thought and with mixed emotions, I have decided that it's time for me to retire. Many years ago, during college, I chose 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 of my patients stay healthy and well for over three decades.

My final day seeing patients will be July 30<sup>th</sup>, 2021. Since most of you will continue to need hormonal management, I encourage you to develop a relationship soon with another physician who can continue the hormonal replacement that we have initiated. 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](http://www.thyroidchange.org) that lists physicians who manage hypothyroidism in a non-traditional way. 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, probably not before July 30<sup>th</sup> however. I will add a notice to my web site when that is available. If you are interested in purchasing a copy of my future book, please let our office know and we will put you on the notification list when that is available, hopefully later this year.

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 C-Span videos of Senator Ron Johnson's hearings and [www.AmericasFrontlineDoctors.com](http://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. Please understand that these vaccines are different from other vaccines you may have had, they work differently, no animal testing has been done on them, and they are currently experimental, and are potentially dangerous. I personally know of two physicians who have died shortly after being vaccinated, which is quite concerning (See [Vaxxter.com](http://Vaxxter.com)). Also, a robust level of Vit D is protective. 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 [www.SpeakWithAnMD.com](http://www.SpeakWithAnMD.com).

If you would like a copy of your records, the most cost-effective method to do such will be to obtain an electronic copy of your scanned chart from Morgan Records Management, 159 Frontage Rd, Manchester, NH 03103. They can also provide a paper copy, but there is an extra per page charge for that. They will take custody of the charts in early to mid-August. You can reach them by phone at 800-604-3994, option 3; at [MorganRecordsManagement.com](http://MorganRecordsManagement.com); or by email at [Medical@MorganRM.com](mailto:Medical@MorganRM.com). Cost for an emailed electronic copy is \$25 and if you also want a disc mailed to you the cost is \$35. Your records will be available until July 31, 2029 and will be destroyed after that date. Alternatively, if you would like the last 3 years of your chart copied and mailed to you or faxed to another physician prior to July 30th, our office will do that for a flat fee of \$25.

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

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

Jee Eun Lee-Karl, MD, Heritage Family Practice, Fair Oaks, 703-385-6789.

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

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

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

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

Others may be added later in July.

Also please see [www.HypothyroidMom.com](http://www.HypothyroidMom.com) for other options.