

## High Serum Estrogen Predicts Death in Sick and Injured Patients

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Tuesday, 01 April 2008

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If you thought that Sharon Stone was a man-killer in Basic Instinct, watch out for estrogen! Higher estrogen concentrations have been linked to prostate cancer, obesity, and other diseases in men. Researchers from the University of Vanderbilt reported that estradiol can be used as a predictor of death in critically ill and injured patients. Researchers tracked sex hormones (estradiol, progesterone, testosterone, prolactin, and DHEA) and cytokines of 417 patients over 28-day in an intensive care unit and all-cause mortality rate was assessed. Men who died had significantly higher concentrations of estradiol than those who survived. Of the sex hormones, estradiol was the best predictor of death. Low testosterone and high estrogen spells early death for men.

-Dossett LA, Swenson BR, Evans HL, Bonatti H, Sawyer RG, May AK.

Serum estradiol concentration as a predictor of death in critically ill and injured adults.

Surg Infect (Larchmt).

2008 Feb;9(1):41-8.