

For Women

“I feel rejuvenated!” “My hot flashes are gone”

These are few comments from our patients!

Millions of women all over the world are suffering from the symptoms of hormone imbalance and menopause including:

- **Hot flashes**
- **Night sweats**
- **Weight gain**
- **Mood swings**
- **Depression**
- **Trouble sleeping**
- **Vaginal dryness**
- **Loss of sex drive**
- **Urinary incontinence**
- **Irritability**

These symptoms are also connected to your stress levels, nutrition, lack of exercise and the environmental toxins your body is exposed to on a daily basis.

This physician-supervised program uses only bio-identical hormones, hormones which are identical to the body's own chemistry, integrated with nutrition and fitness. The physician will provide a natural treatment that helps women suffering from the symptoms of menopause and live the best life possible to age gracefully.

Exams and Tests for Women

To determine your hormonal needs, the physician will thoroughly evaluate your history & symptoms and order saliva/urine/blood tests to determine what your unique hormonal needs are. After starting therapy we will always reevaluate your hormone levels to insure that they are maintained within optimum balance.

A few of the initial hormones we test for generally include:

Ovarian Hormones - What makes you a woman

- The Estrogens (Estradiol, Estriol, Estrone), Progesterone, and Testosterone.

Adrenal Hormones - Your immune system, your energy level, and your ability to handle stress

- Cortisol – the stress hormone
- DHEA – the “mother of all hormones”

Thyroid Hormones - Your metabolism

- TSH – Thyroid Stimulating Hormone
- FT3 – The active thyroid hormone
- FT4 – The inactive thyroid hormone

Growth Hormone (hGH)

- Growth Hormone

Other Hormone Tests - The physician may suggest other tests for you based on your symptoms.

Your physician may also recommend cholesterol testing, cardiac risk factors, and metabolic profiles, bone density testing as well as body compositions for your body fat percent and lean body mass. This will help them set your

base line and gauge your progress in your treatment. They also recommend that women get yearly PAP smears and mammograms as part of their preventative healthcare regimen.

Treating Hormonal Imbalance

In treating a woman with a hormonal imbalance, your physician will replace exactly what is missing, or low, with the body's appropriate bio-identical hormones. Your physician will prescribe the hormones in the fashion that match each woman's prior hormonal needs and will follow up with every patient closely, evaluating symptoms and using laboratory tests to determine each patient's customized dose. Your physician will order only the finest and most reputable compounding pharmacies to obtain the exact combination of hormones required to achieve hormonal balance.

Menopause

Menopause is the time in a woman's life when the ovarian production of estrogens, progesterone, and testosterone declines. The average age of menopause onset is 51, plus or minus several years. Medically it is defined as the time in which a woman ceases to menstruate for a period of 12 months. While this properly describes the event, the process can begin up to 10 years earlier (called per menopause).

Long before a woman's periods have stopped, she has already noticed a change. Her periods become shorter in duration and she notices a loss of energy, a decrease in strength, and a loss of libido. Her mood is altered and she may be more agitated, depressed, apathetic and forgetful. These are all symptoms of menopause, the loss of estrogens, progesterone and testosterone.

Perimenopause

Perimenopause is the period of time before, and for a year after, the final menstrual period during which ovarian hormonal patterns change. The average age at which irregular cycles develop is approximately age 47 but in many cases can start as early as 35 years old. Like menopause, this is a normal part of a woman's life cycle. Women can experience many of the same signs of menopause and can also find relief with bio- identical hormone therapy.

Treating Menopause and Perimenopause Symptoms

There is no way to stop menopause, it's a natural cycle of life. Every woman will go through menopause at some point in her life. However, the difference is how you treat it. Natural bioidentical hormone therapy will help you overcome the symptoms and effects that occur with this stage of life.

Itchy, Bitchy, Sweaty, Sleepy, Bloating, Forgetful, and All-Dried up. In her bestseller, "The Sexy Years", Suzanne Somers explains how one by one, these symptomatic dwarfs took over her life and how bioidentical hormone therapy made them go away.

There are many short-term benefits to natural bioidentical hormonal therapy. The seven dwarfs one by one begin to leave. The hot flashes, the night sweats, the irritability, and the loss of energy and strength begin to subside. Your libido is restored and you begin to feel more in control of your emotions.