



BIOIDENTICAL HORMONE REPLACEMENT THERAPY:

The Complete Guide



As we get older, many of us just blame it on age when we fatigue easily or put on weight that's hard to get off. Some of us suffer from insomnia, irritable bowels, dry skin and hair loss. And then there's the drop in our libido, as if as we get older, we're just not that interested in sex anymore. We can get moody or even depressed, or experience memory loss and poor concentration.

Many times, hormonal imbalance is the root cause of these many symptoms. Such imbalance can occur due to natural changes, including menopause in women and a drop in testosterone in men. In addition, environmental and dietary toxins can accelerate hormone imbalance and difficult symptoms. But a diminished quality of life isn't a foregone conclusion. If your hormones are imbalanced, bioidentical hormone therapy may be able to effectively treat it.

- Fatigue
- Weight Gain
- Insomnia
- Depression

- Erectile Dysfunction
- Skin Changes
- Low Sex Drive
- Muscle Loss

- Irritability
- Memory Loss
- Hair Loss
- Hot Flashes
- Vaginal Dryness

- Weak Bones
- Mood Changes
- Night Sweats
- Anxiety
- Brain Fog

WHAT IS BIOIDENTICAL HORMONE REPLACEMENT THERAPY

Natural hormones, such as estrogen, testosterone, and progesterone, are produced in various glands throughout the body. These hormones regulate an enormous range of body functions. When our glands under or over produce hormones, we begin to experience symptoms like those listed above.

Bioidentical hormones are hormones derived from plants. They are chemically identical to those the human body. Bioidentical hormone replacement therapy (BHRT) uses these hormones to help address symptoms related to hormonal imbalance. BHRT most often seeks to increase or balance the hormones estrogen, progesterone, testosterone, DHEA, and adrenal hormones.



Treatment includes a comprehensive review of a patient's current hormone levels, healthy history, and needs. According to this detailed information, a doctor will prescribe a customized treatment plan that may include creams, lotions, injections, gels, or tablets. The length of treatment also depends on your individual needs and how you are feeling – some people may require hormone therapy indefinitely while others may only need hormones until their symptoms have subsided.

Through state-of-the-art diagnostic hormone testing, using blood, urine and/or saliva testing, we can determine your hormone levels and your unique bioidentical hormone needs. Our process includes:

IS BHRT DIFFERENT FROM OTHER HORMONE REPLACEMENT THERAPIES?



According to a report produced for the US National Library of Medicine National Institutes of Health, patients report greater satisfaction with bioidentical hormone therapy than with a therapy that uses a synthetic hormone.

“Bioidentical hormones have some distinctly different, potentially opposite, physiological effects compared with their synthetic counterparts, which have different chemical structures,” states the report. Physiological and clinical data have indicated that a bioidentical hormone is associated with a diminished risk for breast cancer, compared with the increased risk associated with synthetic hormone, notes the report.

“Physiological data and clinical outcomes demonstrate that bioidentical hormones are associated with lower risks, including the risk of breast cancer and cardiovascular disease, and are more efficacious than their synthetic and animal-derived counterparts,” states the report.

Furthermore, the FDA has approved certain bioidentical hormones, and your physician might rely on these, or develop a therapy specific to your needs, consulting with a compounding pharmacy to develop the right dose unique to you. For this reason, it's crucial that you work with a PharmXhealthOne who is trained in developing the right formulation for you and to continually assess your response to therapy.