

Bio-Identical Hormone Replacement Therapy

Understanding Bio-identical Hormone Replacement Therapy

As we age, the body tends to produce less than optimal amounts of the hormones we would like. Sometimes there are external factors such as stress, poor nutrition, lack of sleep, or toxins that can affect the balance of our hormones. At Optimal Health & Wellness, our doctors can prescribe bio-identical hormone replacement therapy as well as address the underlying factors causing the changes to help you achieve your youthful balance.

From a physiological perspective, bio-identical hormones derived from natural plant sources are identical to those that the body produces for itself, in the right proportions. When we are “replacing” the body’s hormones, we feel it makes more sense to use entities which the body recognizes as its own, rather than hormones from horses, imbalanced versions or overly potent synthetic versions. The hormones we use are mainly Estradiol, Estriol, (E2, E3, respectively), progesterone, testosterone, and DHEA.

Advantages for Women

- Improvement in Menopausal Symptoms
- Improved Skin Texture
- Reduction in Hot Flashes & Night Sweats
- Improved Mood & Wellbeing
- Improved Sleep & Energy
- Improved Focus & Concentration
- Improved Libido

- Reduction in Pain with Sexual Intercourse
- May Help With Weight Management

Advantages for Men

- Improved Libido & Sex Drive
- May Help with Erectile Dysfunction
- Improved Mood & Wellbeing
- Improved Sleep & Energy
- Improved Focus & Concentration
- Improved Muscle Mass & Tone

Other Advantages

- Prevention of Heart Disease, High Blood Pressure & High Cholesterol
- Increases in Bone Density and Prevention of Osteoporosis
- Prevention of Dementia & Alzheimer's Disease

To comprehensively address your condition please contact us for more information.