

## FAQ's

### Bio identical Hormone Therapy Info

*Why should I consider Bioidentical Hormone Therapy?*

Five Reasons you should consider Natural Hormone Replacement Therapy:

- 1.) Relief of symptoms
- 2.) Prevention of memory loss
- 3.) Heart Health
- 4.) Bone Production (prevention of Osteoporosis)
- 5.) Growth and Repair

The ratio between all of your hormones is also important for optimal health.

If you have a **low progesterone to estrogen ratio** you may experience any of the following:

- Infertility
- Abnormal bleeding in peri and postmenopause
- Increased risk of breast cancer
- Increased risk of uterine cancer

If your **progesterone to estrogen ratio is too high**, you may have problems with the following:

- Insulin resistance/Diabetes
- Depression
- Fatigue
- Decreased sexual interest

The following symptoms may occur if you have **low testosterone**:

- Weight gain and decline in muscle tone
- Fatigue, decreased energy
- Low self-esteem
- Decreased HDL (good cholesterol)
- Decreased sex drive
- Mild depression
- Less dreaming
- Dry, thick skin, with poor elasticity
- Loss of pubic hair
- Thinning and dry hair

- Droopy eyelids
- Sagging cheeks
- Thin lips
- Hypersensitive, hyper- emotional states
- Anxiety

**Reasons for testosterone loss are:**

- Menopause
- Childbirth
- Chemotherapy
- Adrenal fatigue, burnout
- Endometriosis
- Depression
- Birth Control Pills
- Cholesterol lowering drugs- Lipitor, Mevacor, Zocor

The following are symptoms of **high testosterone**:

- Anxiety
- Depression
- Changes in Memory
- Fatigue
- Hypoglycemia
- Salt and sugar cravings
- Agitation
- Anger
- Facial Hair
- Acne/oily skin
- Decreased HDL
- Irregular periods
- Infertility
- Weight gain- mid section
- Fluid retention
- Mood swings
- Hair loss
- Unwanted hair growth

Information taken from HRT: The Answers, a concise guide for solving the Hormone Replacement Therapy Puzzle by Pamela Wartian Smith, M.D. MPH available for purchase at Vivian Medical Spa.