



BHRT

Bio-Identical Hormone Replacement Therapy

An excess or deficit of hormone levels in the body can cause a wide variety of symptoms in both Men and Women. If you are experiencing symptoms of hormonal imbalance then the BHRT approach may be just what you need to restore your balance.

The Principles of Effective BHRT Treatment

- BHRT is a personalized service that encompasses the entire person, considers the effects of age, diet, lifestyle, stress, family history and other factors on the health of a person, and seeks to develop a treatment plan that is tailored to the individual needs of each Patient.
- BHRT balances by determining a person's unique hormone profile and then adding what is missing and reducing what is in excess.
- BHRT prescribes only what the Patient needs in the lowest required dose.
- BHRT prescribes only hormones that are replicas of the hormones in the human body.
- BHRT finds the delivery methods that are best tolerated by the patient and that produce the best outcome.
- BHRT seeks to treat the underlying cause of the symptom rather than just the symptom itself.
- BHRT seeks to create a partnership between Patient and Practitioner by obtaining frequent feedback, ensuring patient compliance and making adjustments to the treatment plan over time as required.
- BHRT seeks to create a knowledgeable Patient by providing educational materials and giving thorough explanations.

If you are not feeling your best, ask your health care practitioner or pharmacist for a Hormone Health Evaluation. An excess or deficit of hormone levels in the body is frequently at the root of a wide variety of symptoms.

Here is just a partial list:

In Women:

- Breast Pain
- Irregular Periods
- Infertility
- Menopause Changes
- Hot Flashes
- Night Sweats
- Vaginal Dryness
- Breast Cysts
- Ovarian Cysts
- Uterine Fibroids
- Endometriosis
- PMS

Men & Women:

- Moodiness
- Irritability
- Anxiety
- Depression
- Foggy Memory
- Low Energy
- Nighttime Urination
- Migraines
- Sleep Problems
- Chronic Fatigue
- Weight Gain
- Poor Libido
- Sexual Dysfunction
- Osteoporosis

If you experience any of these symptoms, talk to your health care practitioner about how BHRT may help you.



Let's be Partners

Once you begin your treatment, it's important that we know how you are feeling so that adjustments can be made if needed.

We have technology that makes it really easy!

Please visit our web-site, go to our Personal Hormones page, Sign-in to your account and:

1. Complete a Progress Follow-up questionnaire every 2 weeks:

We ask you to rate the intensity of your 10 top symptoms. Whether you are feeling better or the same, it's really important that we know and it takes just a minute!

2. Add notes to your own Patient Diary:

This is a powerful way to record your progress in your own words. You can add notes to your diary as frequently as you like, and they can be reviewed over time to find patterns that will help us fine-tune your treatment plan.

2 Easy Steps:

Complete a Progress Follow-up questionnaire every 2 weeks.

Add notes to your own Patient Diary.

