

Women's Care

grand river **Health**



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A New Understanding of the Aging Process

Care That's Customized for You

Bioidentical hormone formulations are prepared by a licensed compounding pharmacy, a specialized pharmacy capable of providing not only typical pharmaceutical company prescriptions, but creating precise hormone formulations dictated by your health practitioner. Your mix and dosage of hormones is customized and personalized for you alone.

How to Get Started

Getting started begins with making an appointment to discuss bioidentical hormone replacement therapy with one of our women's health practitioners. A blood test will assess your current hormone levels and when warranted your health practitioner will prescribe an exact dosage of bioidentical hormones. Expect your health practitioner to monitor your hormone levels at follow-up appointments approximately every three months. Once balance is restored, you'll visit your health practitioner once a year for an annual checkup.



Aging Gracefully

Aging gracefully is a lot easier when you feel good -- when you have the health and energy to do the things you love, consistently get a good night's sleep, and look and feel your best on a daily basis.

Youth is associated with optimum health, muscle strength, mental acuity and healthy skin and hair. Beginning in puberty, continuing through the reproductive years and tapering off in the late 30s, hormone production is at its peak. As you age, beginning in your early 40s, hormone levels decline and so do physical and mental capabilities. While aging is inevitable, extensive medical research has proven that supplementing hormone levels with biologically identical hormones, not synthetic hormones, safely and effectively slows down the aging process. By returning hormone levels to their optimal levels, our bodies and our brains perform better, allowing you to age gracefully, naturally.

The Role of Hormones

Hormones are your body's chemical messengers and they play a key role in your overall health and wellbeing. Hormones are produced by the endocrine system. Women also produce hormones in their ovaries, and men in their testes. These molecules are released into your bloodstream, tissues or organs and affect growth and development, metabolism, sexual function, reproduction and mood.

A hormone deficiency can cause:

- Fatigue
- Weight Gain
- Cravings
- Insomnia & Sleep Disorders
- Degenerative Diseases including Diabetes, Cancer, Heart Disease, Osteoporosis
- Mood Swings, Irritability & Depression
- Loss of Libido
- Urinary Dysfunction
- Anxiety
- Wrinkles, Skin Dryness, Hair Loss

The Hormones

Thyroid

Thyroid affects every cell in the body. Low thyroid can cause fatigue, low energy, mental confusion, depression, thin hair, brittle nails, dry skin and general malaise.

Estrogen

The symptoms characteristic of menopause are associated with estrogen: hot flashes, insomnia, vaginal dryness, bladder disorders, difficulty concentrating and anxiety. Low levels of estrogen also correlate with higher incidences of cardiovascular disease, stroke, osteoporosis and Alzheimer's. Synthetic estrogen causes many health hazards for women. When replacing estrogen, it is vital to only use natural, bioidentical estrogen.

Progesterone

Natural progesterone works in tandem with estrogen. It protects against breast cancer, osteoporosis and cardiovascular disease; it has anti-anxiety properties, promotes feelings of wellbeing and relieves menopausal symptoms.

Testosterone

Testosterone is both a male and female hormone. It is necessary for muscle strength, skin health, endurance and increased libido. Testosterone is instrumental in slowing the diseases of aging including cardiovascular disease and osteoporosis; it is also a memory enhancer and protects against mental decline.

DHEA

DHEA is the most abundant steroid hormone in the body and is a building block necessary to make estrogen, progesterone and testosterone. DHEA improves the immune system, brain function, relieves stress and has anti-cancer properties. Because it increases insulin sensitivity, it protects against diabetes.

Pregnenolone

Known for its effective memory enhancing properties, pregnenolone has been shown to augment motivation, knowledge acquisition and long-term memory. It is also considered useful for reducing stress induced fatigue, improving mood and energy, boosting immunity and reducing the symptoms of PMS and menopause.

Melatonin

Melatonin regulates the circadian rhythm and the deep stages of sleep. It boosts immune function, fights cancer, lowers blood pressure and reduces the incidence of migraine headaches.

Bioidentical Hormones: Safe, Effective, Natural

Bioidentical hormones are so named because they are structurally indistinguishable from the hormones produced by the human body. They are sourced from plants or manufactured, but they are not patented. This is important to note because pharmaceutical companies cannot patent natural or bioidentical compounds; if they cannot patent a product, they cannot make a profit. Pharmaceutical companies have no interest in promoting a product that does not make money. Processed by our bodies as foreign substances, synthetic hormones can cause a broad spectrum of side effects including bloating, mood swings, water retention and even increase the risk of serious illnesses like cancer and heart disease.

Because bioidentical hormones are impossible to differentiate from the body's own, your body can process them without negative side effects. Bioidentical hormones are safe and have been found to be an effective treatment for the symptoms associated with aging. By replenishing and balancing hormones in the body, Grand River Health's Women's Health practitioners can diminish, alleviate and prevent many hormone and age-related illnesses including reducing the risk of cancer, heart disease, stroke and osteoporosis, as well as improve overall wellbeing in the areas of weight loss, memory, sex drive, emotional balance and skin health.

