

HORMONE OPTIMIZATION

Hormone balance can be influenced by a number of factors in men and women. Fluctuations in hormone levels occur throughout the lifecycle, some are just a natural part of aging while others may be the result of stress, toxic exposures, diet, or unhealthy sleep patterns. It is important to monitor your hormone levels throughout the lifespan and take action early to address imbalances before it affects your health or quality of life.

Symptoms of Hormone Imbalance

The symptoms of hormone imbalance may vary from person to person and evolve over time. For example, a woman may experience menopausal symptoms, like hot flashes during the early stages of menopause, but she may continue to experience these discomforts for years after menstrual cycle has stopped. Men often experience symptoms on an intermittent basis as testosterone levels begin to decline in his late 20s. Symptoms often become more frequent or compile as a man reaches middle age.

- Hot flashes
- Night sweats
- Weight gain
- Muscle loss
- Fatigue
- Insomnia
- Mood swings
- Depression
- Anxiety
- Irritability
- Difficulty concentrating
- Low energy

The Benefits of Balanced Hormones

Achieving hormone balance offers men and women a number of benefits, such as more energy, better sleep, and stabilized moods, but beyond that research has shown that hormone therapy improves overall health by reducing risk of disease.

Late in 2015, the results of the Veterans Database Study found that men who treated low testosterone with testosterone therapy experienced a reduced risk of heart disease and stroke. A study published in the New England Journal of Medicine (NEJM) early 2016 found that testosterone therapy improved mood, sexual health, and physical fitness in men.

Among women, hormone therapy has been heralded as the best treatment for menopause, helping to reduce the frequency and severity of symptoms. In March of 2016, the results of the highly anticipated ELITE study were published in NEJM, finding that women who begin hormone therapy early in their menopausal years experienced a reduced risk of cardiovascular disease.

Finding the Right Balance

Our practitioners are experts in hormone health. Each practitioner understands that achieving balance is a combination of advanced therapies, like bioidentical hormone therapy, and dynamic strategies for nutrition, stress management, and sleep that work synergistically to promote optimal health. Every practitioner is specially-trained and certified in bioidentical hormone therapy and functional medicine practices to ensure every patient receives elite care and maximizes their health potential.

Start feeling better today —contact us and begin your journey toward total wellness.