



# 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

- To provide 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.
- To balance by determining a person's unique hormone profile and then adding what is missing and reducing what is in excess.
- To prescribe only what the Patient needs in the lowest required dose.
- To prescribe only hormones that are the same molecular structures as human hormones.
- To find the delivery methods that are best tolerated by the patient and that produce the best outcome.
- To treat the underlying cause of the symptom rather than just the symptom itself.
- 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.
- 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.