

BIOIDENTICAL HORMONE REPLACEMENT THERAPY (BHRT)

Bioidentical hormones are sourced from plants and have the exact chemical structure as those made by our bodies. At HealingSpace, we use only the hormones that become depleted in the body due to menopause. We individualize the treatment protocol for each patient.

THE BENEFITS OF BHRT

We prescribe BHRT for women in menopause at a low steady state of hormones in order to improve quality of life (ameliorate symptoms) and protect the body from diseases of aging.

1. Health Benefits: Women who take BHRT have a decreased incidence of heart disease, Alzheimer's and other dementias, osteoporosis, anxiety and depression. These women have improved immunity, showing a decreased incidence of cancers, including estrogen positive breast cancer (recent studies).
2. Symptom Benefits: BHRT decreases hot flashes and night sweats, restores the quality of sleep, and improves memory function. Taking BHRT can increase metabolism, improve muscle strength, and help to restore healthy weight. Women often report relief from anxiety and depression that had increased with the onset of menopause.

HOW TO USE BHRT

1. **Estrogen:**

- Topical (Cream or Gel): Apply to the inner thigh, lower abdomen, or inner forearm at the same time every day. Every morning is preferable.
- Patch: If you are prescribed the topical estrogen patch, apply it on the lower abdomen or lower back twice a week, alternating sites. The patch can be worn in the shower, pool, bath, and pool

2. **Progesterone:** Capsule or troche: Take at bedtime, as it will make you sleepy. Capsule is swallowed. Troche should be dissolved in the mouth.

3. **Testosterone:** Topical: Apply to the inner thigh or lower abdomen at the same time every day. Morning works well. Do not apply testosterone to forearms.

Important: On the day of your blood draw, use your hormones as usual, but DO NOT apply to the arm where the blood will be drawn. (This gives the most accurate results.)



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COMMON SIDE EFFECTS

1. **Breast Discomfort or Engorgement:** this can be an initial symptom, and should subside.
2. **Vaginal Spotting or Bleeding:** common initially, as uterine lining can build up when there has not been a menses for some time.

Important: Call the office at (847) 304-5526 if symptoms last longer than a week, are recurrent, or if you have a side effect not listed here.

Important: Be consistent in taking BHRT, as missing doses can cause symptoms. Take the DIM supplement as directed by your provider. It helps the body clear hormone metabolites that can cause side effects, or a decreased positive effect. BHRT works best in a body that is healthy. Be sure to follow your provider's advice on all aspects of health. BHRT may make that more achievable!

OTHER IMPORTANT NOTES

- Be consistent in taking BHRT, as missing doses can cause symptoms.
- Take the DIM supplement as directed by your provider. It helps the body clear hormone metabolites that can cause side effects or decrease the positive effect of BHRT.
- BHRT works best in a body that is healthy. Be sure to follow your provider's advice on all aspects of health. BHRT may make that more achievable!



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