

Introduction to BHRT

Oakdell Pharmacy

Is Bio-identical Hormone Replacement Right For You?

Throughout a woman's lifetime, she may experience hormonal related symptoms, which may be relieved by achieving a proper hormone balance. Such Conditions may include:

- Fibroids
- PMS
- Dysmenorrhea (painful menstruation)
- Cyclical mood swings
- Hot Flashes
- Infertility
- Endometriosis
- Fibrocystic breasts
- Premenopausal symptoms
- Weight gain
- Low libido
- Heart disease
- Osteoporosis
- Migraine headaches

Achieving a correct balance that is necessary for body systems to optimally function may relieve these symptoms, and others. Additionally, proper nutrition, an exercise program, and appropriate supplementation are all components for a healthy life care plan!

Understanding Hormone Therapy

Women concerned about aging, or those entering a "passage to change" such as menopause must decide whether or not to initiate hormone replacement therapy. In deciding the best hormone therapy, women should consider the new evidence and ongoing research about alternatives to conventional synthetic hormone replacement.

Prescribed conventional hormones and hormones derived from animal sources cannot be properly metabolized by the human body. Alternatives to conventional therapy include the use of natural hormones, which are bio-identical to those produced by the body. Bio-identical plant-derived hormones are available in this country and are prescribed by physicians and/or other qualified health care professionals. Natural hormones can be taken in capsule form, cream, or even chocolate!

Natural Hormone Replacement Therapy

Natural hormone replacement therapy is derived from a bio-identical plant hormone product. These plant extractions perfectly replicate a woman's own hormones. Additionally, natural hormones produce little or no side effects.

Plant-derived natural hormones are now prescribed by a full spectrum of health practitioners. These professionals include medical physicians, naturopathic doctors, nurse practitioners, osteopathic physicians, and other health care providers. Natural hormone replacement therapy has been used successfully for many decades in Europe.

There are individuals who have not responded to traditional medical treatment or who have unique health needs or circumstances, especially in the area of hormone replacement therapy. Oakdell Pharmacy proudly works in cooperation with the patient and prescriber to provide the optimal solution for each medical situation. We are also available as a resource center for your bio-identical hormone replacement questions.

What are the potential benefits of hormone replacement?

Guard against heart disease

Decreased bone loss

Reduce hip fractures

Raise good (HDL) cholesterol

Improve blood flow

Eliminate or reduce hot flashes

Reduce sleeping difficulties

Improve midlife short-term memory loss

Prevent vaginal dryness & thinning/shrinking of vaginal tissue

Lower incidence of urinary tract infection

Improve skin elasticity

Aid in bladder control and more....

Oakdell Pharmacy & Wellness Center works in cooperation with patient and prescriber to determine an individualized therapy plan that is best for each woman.

Why Use Natural Hormone Replacement?

The main benefit of using Natural HRT vs. synthetic is that the natural preparations are compounded to match more closely with way they are produced in the body. The dose of the hormones may also be adjusted to meet the needs of the individual, as opposed to the "one size fits all" approach of some synthetic hormones. The hormones are also derived from natural plant sources.