

Bioidentical Hormone Replacement Can Counter Some Bothersome Symptoms

By LuAnne Kelly, DNP, ANP-C

It's been known for some time that proper hormonal balance is a key ingredient in maintaining vitality and restoring ailing health. The creation of synthetically derived hormones in the 1970's raised concerns about carcinogenic and toxic effects. These synthetic hormone options were mostly limited to estrogen replacement and did not address replacement of progesterone and testosterone. Lack of progesterone in women can contribute to insomnia, lack of testosterone is associated with decreased libido and muscle tone, and

lack of estrogen can lead to hot flashes, mood changes and weight gain.

Bioidentical hormone replacement therapy (BHRT) is being used for hormonal balance more and more. These hormones are identical on a molecular level with endogenous (natural) hormones. BHRT compound creams are a mixture of estrogen, progesterone and testosterone. Laboratory results of hormone levels are provided to a compounding pharmacy to develop a cream in an effort to reach a targeted level of hormones in the body.

The creams, which are provided in a pump, are applied to the skin daily after showering allowing maximal medication to be absorbed (a portion of oral medication is lost through the digestive process).

While there are many important components of health maintenance, BHRT can result in dramatic improvements in health, vitality and mental-physical ailments. As always, talk with your provider to determine if hormone replacement is right for you!

Better Hearing for the Holiday Festivities

The holiday season is a wonderful time to renew relationships with friends and family. If you or a loved one has noticed that carrying on a conversation is not as easy as it used to be - we can help! Today's hearing technology is small, non-invasive and highly effective. There are models for every budget and lifestyle, making hearing instruments more affordable than ever before. Make this holiday the beginning of a whole new life. Call us at 602-938-6960 and schedule an appointment for a hearing consultation. Together, we can make sure that every moment counts.

Exercise Caution with Online Prescription Purchases

Thinking about buying prescription drugs online? Be cautious. Consumer Reports warns against risky online drug purchases. Quality concerns and risk to personal information are among the issues. The NABP (National Association of Boards of Pharmacy) says that 96% of over 10,000 online pharmacies that they've reviewed are operating outside of pharmacy laws and standards. A list of accredited online pharmacies can be found on their website at: <https://nabp.pharmacy>. Internet pharmacies that meet their standards carry a "VIPPS Seal of Approval".



Holiday Hours

All Thunderbird IM offices will be closed on the following holidays:

Christmas – Monday, December 25

New Year's Day – Monday, January 1

We wish each of our patients a happy and healthy holiday season!

LOCATIONS

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