

Hormone Imbalance Survey

Check the following symptoms that apply to you.

- Hot flashes, sweating
- Heart discomfort
- Sleep problems
- Depressive mood
- Irritability
- Anxiety
- Physical and mental exhaustion
- Sexual problems
- Bladder problems
- Vaginal dryness
- Joint/muscular discomfort
- Heavy/irregular menses
- Dry skin & hair, brittle nails
- Fibrocystic or tender breast

Doctor Discussion Guide

Here are a few key questions to discuss with your doctor:

- Are the symptoms I am experiencing related to hormone deficiency?
- What tests do I need to determine if I am hormone deficient?
- What treatment options are available to me if I am hormone deficient?
- If I am diagnosed with hormone deficiency, what kind of medical and/or physical therapy is right for me?
- What changes can I make to my diet and/or fitness to help address hormone deficiency?

1. Menopausal Rating Scale. The Berlin Center for Epidemiology and Health Research. <http://www.menopause-rating-scale.info/about.htm>

2. Smith, Pamela W. What You Must Know About Women's Hormones. Garden City: Square One Publishers, 2010. Print.

CONTACT US

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female support



**UNDERSTANDING
BIO-IDENTICAL HORMONES**

DISCOVER THE BENEFITS



Did you know...?

Hormone balance is necessary to prevent a myriad of common problems, including infertility, miscarriage, osteoporosis, heart disease, premenstrual syndrome, breast cancer, fibroids, endometriosis, menstrual problems, mood disorders, and ovarian cysts.

Prevention of these conditions starts by identifying your symptoms, which you can do by filling out the survey on the back.

Hormonal balance is essential to a woman's overall health and well-being. With an estimated 50 million women in menopause, and millions more with hormone imbalance, now is the time to talk to your doctor to determine your hormone status.

Bio-identical hormone replacement therapy (BHRT) is highly effective at addressing hormone imbalance and hormone deficiency.

Paths to Wellness

Some hormones often needed in replacement include:

- Estrogen (estradiol, estriol, or estrone)
- Progesterone
- Testosterone
- DHEA or Pregnenolone
- Thyroid hormones (T3 or T4)

Get Tested

If you think you are experiencing symptoms of hormone deficiency, talk with your doctor about getting a medical examination, which includes a discussion of your current symptoms and your medical history, along with a physical exam and laboratory testing.

Get Answers

After reviewing your symptoms and lab results, your doctor will determine what hormones are needed for replacement. From there, all the necessary protocols are determined to reach the best possible outcome.

Get Treated

All ingredients used in compounding bio-identical hormones are USP-grade and contained in FDA-approved products. Adjustments to your therapy can be made after close monitoring and follow-up visits to ensure your ideal treatment plan.