

Hormone Imbalance Education 101

I encourage you to read these articles, but do not self-medicate or make impulsive decisions. Please make an appointment so that you can ask me your questions, and I can discuss with you how appropriate tests can be ordered and how a licensed team of professionals can help you make decisions that you want for yourself.

Please use these articles as educational only. Do nothing more. There are pros and cons for us to review. There are physicians to whom I refer who are specialists in gynecology, women's health, and endocrinology. Together, as a team, we will share our clinical experience with you. We will respond to your questions. Then you can make an informed decision when you feel comfortable to do so.

Please copy the following and visit these websites.

http://www.womenshealthconnection.com/main_hormonal_imbalances.htm

Concerning adrenal fatigue:

http://www.drlam.com/articles/adrenal_fatigue.asp

Concerning hypothyroidism:

www.thyroid-info.com/articles/subclinicalhypofaq.htm

Concerning subclinical hypothyroidism:

http://findarticles.com/p/articles/mi_m0ISW/is_257/ai_n7638041/

Concerning andropause (age-related testosterone decline):

http://findarticles.com/p/articles/mi_m0ISW/is_257/ai_n7638041/

Common symptoms of hormone imbalances related to estrogen, progesterone, testosterone, adrenal hormones, insulin, and more:

www.zrtlab.com/Page.aspx?hid=631

Finally, there is a local compound pharmacist, Howard Feirman, who is fully trained and more than willing to answer any questions you may have about compounded hormones. You may call him and tell him that you are a patient of mine. He welcomes your questions. The phone number of Prescription Headquarters is 516-222-0778.

To learn more about Compound Pharmacists go to: www.iacprx.org/

There are many treatment strategies, in addition to those mentioned here, to help you with your symptoms. Yes, bioidentical hormone replacement is one possible choice, you have other options. Some include proper nutrition, checking for nutrient deficiencies, lifestyle changes, a proper exercise program, recommendations for sufficient sleep, psychotherapy, acupuncture, biofeedback and neurofeedback, stress management, and Target Amino Acid Therapy (see the Neuroscienc PDF in this section) and more. After asking your questions and considering your options, I am available to meet with you.