

FAQ's

#1. What is the difference between bioidentical and synthetic hormones?

The difference between bioidentical hormones and synthetic hormones is dual fold. Unlike bioidentical hormones, synthetic, or conventional, hormones may be patented by pharmaceutical companies; therefore, dosage varies only by milligrams dictated by your doctor, while the molecular structure of the prescribed hormone is the same for every single person on that drug. Additionally, synthetic hormones are not created structurally the same as human endogenous hormones, which often leads uncomfortable side effects. While synthetic hormones can mimic the effects of endogenous hormones on certain biological pathways, they rarely offer the same effectiveness at a deeper, molecular level.

Bioidentical hormones are a molecule for molecule match with human produced hormones; therefore, they effectively operate in more biological pathways, in the body. Since bioidentical hormones are a molecule for molecule replica of hormones produced by the human body, few side effects are seen. Additionally, dosing for bioidentical hormones is uniquely prescribed for every individual patient, not just a "one size fits all" approach pharmaceutical companies provide.

#2. Who should use bioidentical hormone replacement therapy (BHRT)?

Symptoms of hormonal imbalance may include, but are not limited to anxiety, depression, fatigue, hair loss, hot flashes, insomnia, low energy, memory loss, mood swings, muscular atrophy, night sweats, and weight gain. Hormone imbalance can be triggered by stress, fatigue, pre-diabetes, diabetes, poor sleep, andropause and menopause. BHRT can only be prescribed properly after hormonal testing using lab tests unique to this type of treatment. There are certain lab and certain lab tests that can pinpoint hormonal imbalances. After this type of lab results is obtained our practitioner will discuss and design a plan of treatment unique to you. Sometimes hormone therapy may not be indicated. Occasionally, lifestyle changes such as diet, exercise, nutrition, dietary supplementation and or environmental changes may be indicated. A complete and unique plan of care will be devised and discussed in partnership with each patient.

#3. When should someone start bioidentical hormone therapy (BHRT)?

Generally speaking, natural body hormones begin decline during the mid to late twenties. Symptoms of this decline often present during the mid- thirties. Ideally everyone should have a baseline done during their mid- twenties. Both men and women frequently start replacement or supplementation therapy from mid-thirties onward.

#4. Why do women need hormones throughout their lifespan?

Women experience variations in their hormones though adolescence, menses, pregnancy, childbirth, and pre through post menopause. Hormones play a vital role in many activities within the body. Estrogen alone has over 400 functions in the body. Hormonal imbalances may occur for a variety of reasons besides the usually developmental changes as we age. Hormone imbalance of any type not just the sex hormones (estrogen, progesterone and testosterone) can lead to quality of life issues such as, anxiety,

depression, hair loss, hot flashes, mood swings and night sweats. Other issues involved with hormone imbalance include loss of libido, bone loss, poor sleep, and weight gain. Estrogen imbalance either too much (estrogen dominance) or too low estrogen deficiency can result in symptoms such as uterine fibroids, or bone loss (osteoporosis). Balancing a women's hormones can reduce risks for fracture, breast cancer, and heart disease among others and help increase her chances for longer health span as well as lifespan.

#5. Why do men need testosterone replacement?

Men also experience decreasing testosterone levels as they age. Like women decreased hormone production occurs from mid-twenties onward with symptoms occurring in mid to later thirties. The decrease is known also as andropause. Testosterone is a hormone essential for many of the body functions that are attributed to quality of life issues for men. Testosterone supports energy, health fat and cholesterol levels, mental clarity, healthy metabolism, maintenance of muscle mass, and sex drive (libido). Hormone balancing with bio-identical hormone therapy, helps support a man's energy levels, focus and overall health by minimizing the effects of hormonal deficiency.

#6. How is Ronda L. Johnson, nurse practitioner at makes Wellness in You, skilled in evaluation and management of bio-identical hormone replacement therapy (BHRT)?

Ms. Johnson is nationally board certified as an Advanced Registered Nurse Practitioner (ARNO) in Family Practice by the American Association of Nurse Practitioners. She is a graduate of Graceland University in Lamoni, Iowa where she completed a Master's of Science in Nursing education with emphasis as a Family Nurse Practitioner. She maintains professional membership with the American Academy of Anti-Aging Medicine where she completed post graduate training in the field of Bio-identical Hormones Therapy.

#7. When should I start bio-identical hormone therapy?

Most commonly hormonal decline begins in the mid-twenties to early thirties with the onset of symptoms from the mid-thirties and later. These changes occur with the general aging and the onset of andropause and menopause. Women usually consider beginning therapy in mid to late thirties and men in their early forties. However, hormonal changes can occur due to other issues such as thyroid conditions, diabetes, stress, poor sleep and environmental factors. If you feel you may have signs or symptoms of hormonal imbalance it is best to seek testing from a qualified practitioner to establish your current baseline. It is also suggested that individuals in get baseline tested in their twenties or thirties even without symptoms. Knowing your baseline can help to establish healthy levels for you later as you age.

#8. Can my Wellness In You practitioner use lab results done by other providers?

We cannot use previously obtained labs because many standard labs do not perform the hormonal labs we need to order. Additionally, different labs may have varying reference ranges for what is considered normal. Therefore, we utilize those labs which we know to have the resources for testing that we need to perform your assessment and hormone balancing. In this way we have consistency and are better able to use consistent reference ranges.

#9. How much will it cost to begin bio-identical hormone therapy?

There is no one answer to this question. Every individual is unique. Cost is based on labs that are required, and hormone or nutritional supplements indicated - again unique to each patient. Rest assured that cost is always a consideration and our nurse practitioner is ready to discuss and customize treatment with each patients' physical needs and financial parameters in mind. Patients will have the option to have all labs billed to their insurance by the lab.

