



Understanding Bioidentical Hormone Therapy

The endocrine system is complex.

The endocrine system is a network of glands and organs that work with our brain to produce, secrete, and store hormones.

Hormones are your body's chemical messengers.

Hormones circulate through our endocrine system and perform important bodily functions that can affect many different processes including growth and development, metabolism, cardiovascular health, sexual function, reproduction, and mood.

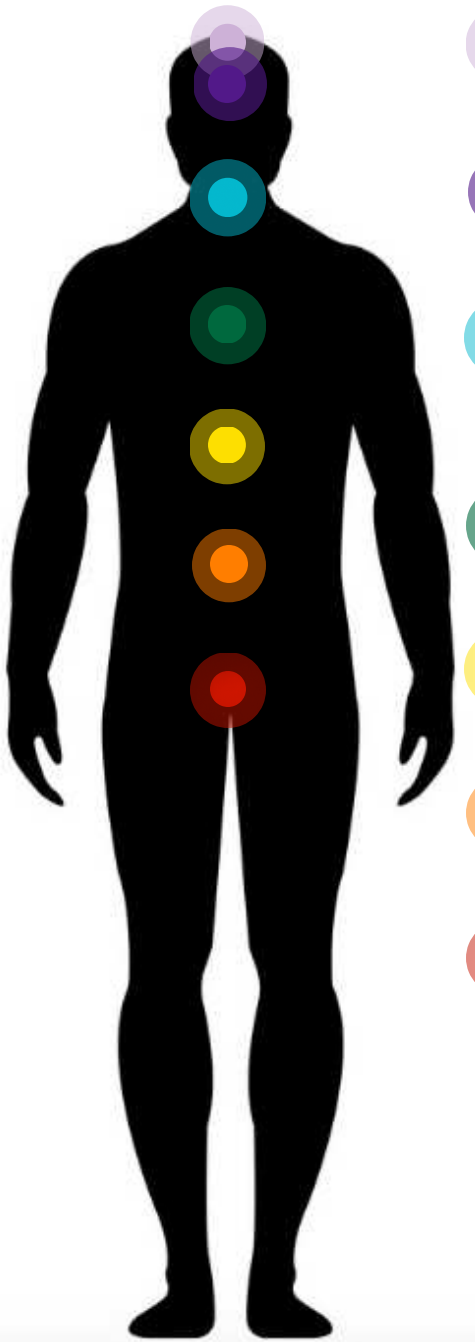
Unlike synthetic hormones, bioidentical hormones aren't made in a lab.

The molecular structures of bioidentical hormones are identical to human hormones, therefore, our body can distribute and process them in a similar manner. This allows the body to efficiently adapt and quickly respond to the hormones in a natural manner.

Hormones can get out of balance.

Both men and women of all ages are at risk for hormonal imbalance because of the amount of modern day stressors. Stressors can include environmental toxins, endocrine hormone disruptors, chronic stress, lifestyle, genetics, and illness.

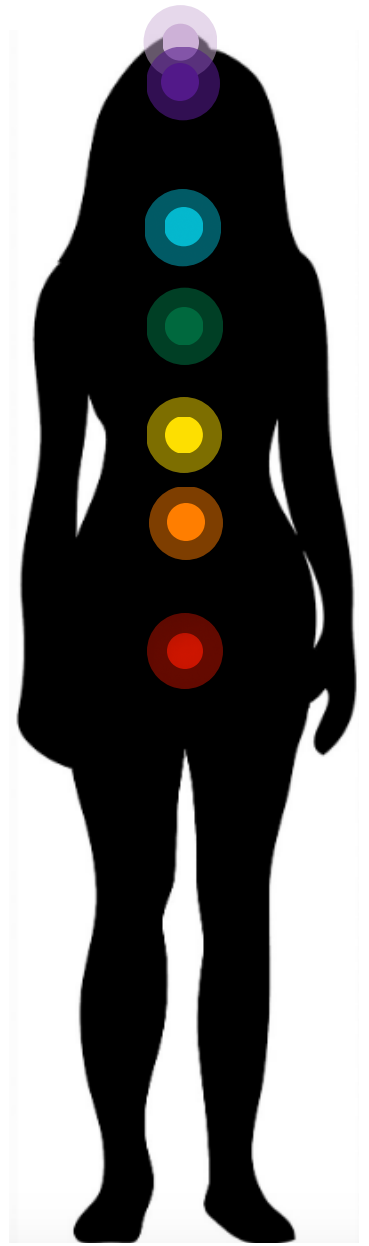
Signs and Symptoms of Hormonal Imbalance



-  *Pineal gland:* insomnia, poor sleep patterns, restless leg syndrome, muscle tension
-  *Pituitary gland:* changes in appetite and weight, depression, anxiety, irritability
-  *Thyroid gland:* weight changes, fatigue, constipation, dry skin, intolerance to heat or cold, hair thinning/loss, poor concentration/memory
-  *Thymus:* frequent illness and recurrent infections
-  *Pancreas:* increased urination at night, poor glucose control, increased risk of diabetes
-  *Adrenal gland:* chronic fatigue, poor resistance to stress, increased cravings
-  *Reproductive organs:*

Female- hot flashes, decreased libido, vaginal dryness/discomfort, frequent urinary tract infections, fertility issues, menstrual cycle complaints, premenstrual symptoms, acne, weight changes, osteopenia/osteoporosis

Male- decreased libido, erectile dysfunction, fertility issues, acne, weight changes, decreased muscle mass, osteopenia/osteoporosis



Hormones: An Essential Guide

Cortisol

The stress hormone. Released by the adrenal glands to wake us up in the morning and during times of stress. Cortisol increases blood pressure, supports energy levels, neutralizes inflammation and can affect weight.

DHEA

The precursor hormone to other sex hormones. Produced by the adrenal glands and exerts its activity after converting to male and female sex hormones. DHEA supports the immune system and protects blood vessels.

Estrogen

The female sex hormone. Estrogen is produced primarily by the ovaries. It regulates, keeps bones strong, and is important in developing and maintaining female reproductive structures. Estrogen helps to stimulate the sympathetic nervous system.

Growth Hormone

The building hormone. Produced by the pituitary gland, and responsible for the growth of our muscles, bones, internal organs, and skin. Levels peak in adolescence, and will decrease as we age.

Melatonin

The sleep hormone. Produced by the pineal gland, it sets the pace for the sleep-wake cycle and shortens the time to fall asleep. Melatonin acts on the muscles, nerves, and intestinal tract as an anti-spasmodic.

Pregnenolone

The precursor of major hormones. Produced from the pituitary gland and made from cholesterol. Pregnenolone can also function as a neurotransmitter in the brain to help with memory.

Progesterone

The implantation hormone. After ovulation, progesterone levels rise to prepare for embryo implantation. Levels drop if pregnancy doesn't occur, causing the menstrual cycle to begin. Progesterone stimulates the parasympathetic nervous system.

Testosterone

The male sex hormone. Produced primarily by the gonads. It can be protective for males and females against metabolic disease. In addition, it improves energy, mood, bone density, libido, muscle strength, and maintains and develops reproductive organs.

Thyroid Hormone

The multitasking hormone. Produced by the thyroid gland, it regulates body temperature, energy, metabolism, hair/nail/skin growth, cerebral and intestinal function. It can help improve cholesterol values and helps eliminate cell waste products.



Goal

Our goal is to optimize your hormone levels to enhance physiologic function. We provide an individualized treatment that may consist of bioidentical thyroid, adrenal, and/or reproductive hormones. This helps to optimize hormone levels to assist with disease prevention and overall system function.



Labs

Labs are recommended to assess baseline hormone values. However, the accuracy of hormone tests used to determine these values can vary greatly. Depending on the hormone, we may recommend serum/blood, 24-hour urine collection, and/or salivary tests to ensure accuracy.



Optimize

Diet: Decrease consumption of grains, legumes, and sugars. Consider adapting a paleolithic diet that focuses on protein, vegetables, healthy fats, and nuts/seeds.

Exercise: Consistently practice a mixture of aerobic, strength training, and flexibility exercises.

Sleep: Aim to experience consistent, quality sleep.

Stress: Utilize techniques to manage stress.

Dr. Donald McBride is board-certified in anti-aging with the America Academy of Anti-Aging Medicine. He has received extensive fellowship-based hormone training and has been a long-time member of the International Hormone Society.

Schedule your consultation today!



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