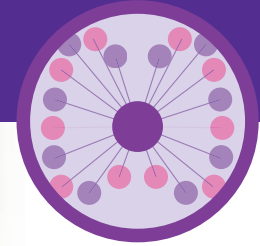


WOMEN'S HORMONE TESTING

Are hormones affecting your health?



DR LORI PUSKAR

Call/Text: 727.304.2592

www.drloripuskar.com

Hormones are chemical messengers in the body.

Throughout your life, these messengers play an important role in muscle and skin tone, bone health, sleep, and energy levels. Hormone imbalance can occur at any age and contribute to diseases such as osteoporosis, dementia, cancer, and heart disease.

Although hormonal changes can cause significant issues, these can be treated. Patients are often surprised at how easy it is to improve their symptoms and how great they feel once their hormones are back in balance.

Having hot flashes or night sweats?

Feeling fatigued?

Having mood swings?

Thinning hair?

Are you curious about hormone replacement?



If you've answered yes to any of these questions, Advanced hormone testing may be the answer. **Talk to Dr. Lori Puskar today.**

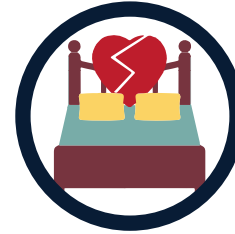
HORMONE IMBALANCE CAN ALSO CAUSE:



Fertility Problems



Trouble Losing Weight



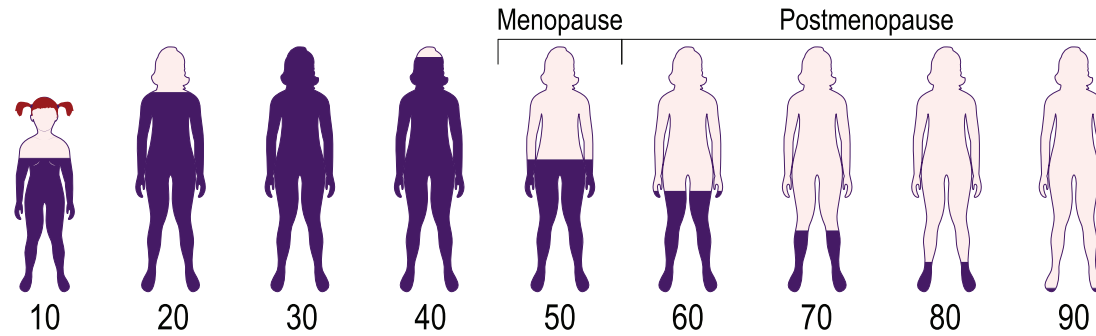
Low Libido



Brain Fog

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E S T R O G E N L E V E L S



How will my hormone test results help me?

Knowing the levels of your hormones and how they relate to each other can open up a wide range of solutions for you and your clinician. These include guided nutritional therapies, lifestyle changes, and potentially hormone replacement therapy to keep you in balance.



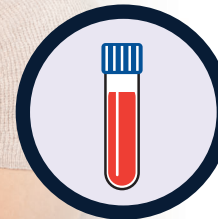
We offer Three Different Testing Options:



- **Saliva:** A convenient, at-home collection to help your clinician follow hormonal patterns throughout the day or throughout your menstrual cycle. Saliva can also be used to monitor hormone therapies.



- **Urine:** One urine sample early in the morning, or a 24-hour collection, which reveals how your body utilizes hormones and assesses your risk for hormone-related disease.



- **Serum:** An in-office blood draw to evaluate hormone levels and help your clinician monitor hormone therapies.

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