



BIOIDENTICAL HORMONES

My introduction into Bioidentical Hormones was due to my Mam's illness thought to be contributed to prescribed HRT over 25 years ago. I was then sent on a mission to find an alternative, to balance my declining hormones.

I have to be honest for the first 5 years of my menopause I decided to take Femoston from my GP, despite my Mams history of a stroke and this experience really helped my symptoms ..yet I was told by my GP I have a time period before my prescriptions would terminate....

Five years later I was on the doorstep of Marion Gluck Clinic..waiting to embark upon the next amazing journey Dr Gluck decided in 2014 to look for an alternative to HRT so why bioidentical hormones...

BIOIDENTICAL HORMONES and HRT

Bioidentical Hormone Therapy offers personalised solutions for treating hormone imbalances. Customisation (or the compounding) of hormones follows a prescription that is based on an individual patient's diagnosis, symptoms and blood hormone levels. Unlike conventional HRT which often uses synthetic hormones, BHRT exclusively uses 'bioidentical'(also referred to as body-identical) hormones. These have the same molecular structure as the body's naturally occurring hormones, which can make them more tolerable, as they fit the same hormone receptors as our natural body hormones.

ASSESSMENT

Symptoms, often will be the first area to show a change in our hormones - to help identify your symptoms.. Symptoms can be profound leading up to the menopause defined as menopause transition and/or perimenopause. Menopause is defined as cessation of a menstrual period for 12 months.

Stress, can also have a negative impact on hormonal imbalance..

One term that gets thrown around a lot in functional medicine is the cortisol steal or pregnenolone steal. This term is describing the body's preference to protect cortisol production at the expense of other hormones like oestrogen, progesterone and testosterone.

I've enclosed a Menopause Rating Scale, so you can identify symptoms if you wish to continue the process further we can organise a face to face or zoom meeting. I so hope this helps some of your questions. I've also included some insight into some approximate costings associated with Bioidentical Hormone therapy.

<https://riverviewclinic.co.uk/bioidentical-hormones-1>

The logo consists of the letters 'RVC' written in a stylized, cursive, gold-colored font.