

*All Therapy Is
Customized To
Your Individual Needs*

SEDONA

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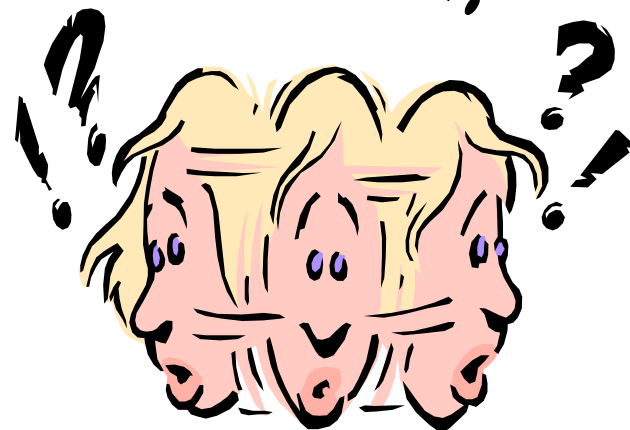
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HORMONE REPLACEMENT THERAPY

Bio-identical?

Natural?

**Traditional
HRT?**



CONFUSED?

Recent studies concerning the safety of traditional *synthetic* hormone replacement (Premarin and Prempro) have left women in a quandary regarding their choices of treatment for peri-menopause & menopausal symptoms.

Hormones begin to fluctuate as early as age 30. Many natural measures along with lifestyle changes, can alleviate most common symptoms related to alterations in hormone levels.

Decreases in Estrogen and Progesterone levels initiate mood swings, depression, sleep disturbances, poor concentration, memory, headaches, and insomnia. Physical changes also take place in the body. These changes include heart disease, osteoporosis, thinning & dry skin, weight gain, as well as vaginal dryness, painful intercourse, and reduced libido. Hot flashes/night sweats, bloating, cramps, yeast infections, swollen breasts, painful joints and slow healing are also symptoms of peri-menopause and menopause.

Most women are looking for an alternative approach to peri-menopause and menopausal symptoms. The use of Bio-Identical Hormone Replacement treatment offers women a holistic/integrative method regarding the treatment of their symptoms.

Estrogen is not one hormone, but a group of similar hormones with varying degrees of activity. The three most prominent are Estrone (10-20%), Estradiol (10-20%), and Estradiol (60-80%). Estradiol is the most potent estrogen. Estradiol is produced primarily in the ovaries, and Estrone is produced in fat tissue after menopause and is formed by the conversion of Estradiol. Estradiol and Estrone are the principal carcinogenic estrogens. The body converts these two estrogens to Estrone diminishing carcinogenic tendencies. Estrone is produced in large amounts during pregnancy and is thought to be cancer protective. Synthetic (Premarin) hormones are similar in *structure* but act *differently* in the body. Bio-Identical act just like your own hormones.

Progesterone affects every tissue in the body. Women who have gone through surgical menopause (hysterectomy) as well as natural menopause still need progesterone therapy.

Bio-Identical progesterone helps protect against endometrial and breast cancer as well as rebuilds bone without interfering with estrogen's cardiovascular protection. Bio-Identical progesterone has protective qualities that are lacking in the synthetic progestin (Provera). Provera is molecularly different in structure compared to Bio-Identical progesterone. *Progestin (Provera) has been shown to decrease the protection against heart disease gained by estrogen replacement therapy.*

Bio-Identical hormones are chemically and molecularly compounded from natural plant hormones to match the hormones found in the human body. The key to Bio-Identical hormones versus synthetic hormone replacement is the molecular structure of the hormone. The replacement hormone must exactly match the original human hormone in order to fully replicate the function of the hormones in the human body. Bio-Identical Hormones can produce youth, health and vitality, and a sense of well-being.

Eliminate the confusion of hormone replacement by discussing Bio-identical hormone replacement along with related hormonal therapy and nutritional support with one of Sedona's Holistic/Integrative Nurse Practitioners and Ronald Santasiero, MD, DABMA