BioIdentical Hormones: Health and Longevity Transcript

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Introduction to hormone replacement therapy

Hi, I'm Dr. Susan Sklar and I want to talk to you about hormone replacement therapy, a term that's bantered around and has changed over the years from being called estrogen replacement or ERT to hormone-replacement therapy or HRT.

Menopause symptoms and why hormones are used

At any rate, the real issue is why are you taking hormones and do you need hormones? What we see as women enter into the menopause transition is a change in hormones.

And many times these changes bring a number of symptoms with them, things like hot flashes, problem sleeping, low sexual drive, painful sex, and hormones are given to women to alleviate those symptoms.

Hormones and healthy longevity

More importantly, in the field of anti-aging medicine, we look at hormones as a means to maintain healthy longevity. When we look scientifically at the causes of aging, and I'm talking about the deteriorating chronic conditions that happen as we get older, we see that hormones play an important role.

And as hormones decline and levels diminish, We are at increased risk of chronic disease. So bioidentical hormones, in addition to helping with symptoms, also are part of a program of healthy longevity.

Bioidentical hormones for vitality and aging well

What we want to see is people maintaining their vitality well into old age so that they can avoid a period of prolonged decline, nursing homes, disability toward the ends of their lives.

So bioidentical hormones will help you feel better now and improve your chances in the future of maintaining health and vitalities well in to old-age.