What You NEED to KNOW About Bioidentical vs Synthetic HORMONES Transcript

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Menopause Symptoms and Hormone Therapy Overview

Are you a woman and considering hormone replacement? Perhaps you're in perimenopause or menopausal and you are experiencing common symptoms. Hot flashes, night sweats, vaginal dryness, cloudy thinking, joint pain, fatigue, insomnia.

There are so many symptoms you can have with the menaposal transition, so I want to talk to you about the difference between synthetic and biochemical hormones.

It has been throughout the recent decades where estrogen replacement has went through different phases. Originally in the 1960s, a pharmaceutical company heavily promoted Premarin, which is a synthetic type of estrogen because it's not the same as what the body makes.

Premarin, Synthetic Estrogen, and the WHI Scare

Actually, it is taken from concentrated pregnant marriage urine. It was heavily-promoted in a book called Feminine Forever. And what we found out right later at times was that there was a gynecologist who was paid to write this book.

with an association with a pharmaceutical company promoting this product. And so this is a popular product for many years. Then a study came out called the Women's Health Initiative and it found increased rates of breast cancer.

So then there was a big scare and so women were advised to really not use this type of estrogen or use estrogen at all. In recent times, they found out when they reanalyzed the data from the women's health initiative that estrogen placement really wasn't that harmful in terms of increasing cancer risk, especially with short-term use.

As a matter of fact, when you looked at the data, it appears that most of the harmful effects of hormonal replacement would come through using synthetic progestin, which is not bioidentical projesterone.

Well, I hope you're enjoying the video. If you are looking for quality supplements, go to my website drstengler.

Bioidentical Hormones and Treatment Options

com and there you can see the nutritional supplements I've been using with my patients for many decades. They involve a lot of scientific research, many of them I have created myself.

So again, thank you for watching the videos and check out my supplement store at dr-stegler-dot-com. In any event, hormone replacement can certainly be used with women and has many benefits.

similar identical to what the body produces, are very effective. And so I've used them with patients for many decades and more doctors are using the bioidentical hormones.

In terms of hormone replacement, usually during perimenopause and menopausal, we'll use estrogen, will use progesterone, sometimes bio identical testosterone, adrenal hormones like DHEA, pregnant alone, and there's some other ones that could be used if a woman is deficient in them.

Who May Benefit from Hormone Replacement

Now, certainly not all women going through perimenopause and menopausal need hormone replacement, but if you have more moderate to severe symptoms, then yes, biochemical hormones are very effective.

Also, if have osteoporosis, or you're at high risk for osteopsosis in the early stages, using hormone replacements can be very helpful in helping with bone density.

there's a strong family history of Alzheimer's disease there are some studies that demonstrate when taking estrogen earlier in the perimenopause and menopausal years could be protective against cognitive problems and reducing your risk of alzheimer's so we know that estrogen replacement therapy progesterone testosterone all these biological hormones can have benefits in patients is we'll go through the symptoms, we will go to your history, your family history and then we do testing and see where your hormone levels are at.

And then once the woman is on hormone replacement therapy, the biochemical forms will monitor their symptoms. We'll monitor there lab values and you have proper assessments throughout time and this can be done very safely and effectively.

Testing, Monitoring, and Safety

So the take home point is do not be scared of hormone replacements. If you are using the biological hormone replace it can done with very good safety, and it's very effective in improving quality of life, getting you through that menopausal transition.

And like I said, it has many other benefits that range from the hair, the skin, heart, bone health, mood, energy levels, joint health and many others.

I hope you found this video helpful.