When is the right time to start bioidentical hormone replacement therapy (BHRT)? Transcript

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When to Start HRT

When is the right time to start hormone replacement therapy or am I too young? In the United States, the average age of menopause is 52 years old, but we can start experiencing symptoms of perimenopausal at as early as age 35.

Early Perimenopause Symptoms

I personally started experiencing those symptoms around age 38 and started HRT at 39. One of the first hormones that starts to fluctuate in perimenopause is your progesterone.

Progesterone and Estrogen Balance

Progesteron is our calming hormone. It keeps us asleep hormone, I describe it often as Nature's Xanax. Without progesterone, estrogen can become unopposed in our body, making us estrogen dominant and causing symptoms like irritability, bloating, breast tenderness, and even irregular periods.

So simply replacing progeterones can be a huge help for women in early perimenopause.

Testosterone Decline in Women

Also, testosterone starts to decline. Our testosterone levels are not even close to where they were in our 20s once we reached 40. Lack of testosterone can cause symptoms like low libido, vaginal dryness, painful sex, or just low motivation overall.

It can even cause a decrease in muscle mass or inability to gain muscle when you're working out. Testosterone replacement is definitely an option for women in their late 30s and early 40s, and it makes a huge difference.

Learn More and Contact Information

I know for myself. So if you're interested in talking and learning more about bioidentical hormone replacement, please don't hesitate to reach out. You can find more information via my website, simonemedical.com, or you can email me, info at simonemedical dot com.

Thanks for listening.