

The Benefits of Bio-Identical Hormone Replacement Therapy



that occur during the aging process. Reestablishing hormone levels back to optimal levels reverse many unfavorable affects that appear as we age.

Hormone decline is particularly common in women who have experienced menopause. Estrogen is the primary female sex hormone secreted by the ovaries. Women notice many symptoms attributed to estrogen deficiency during the menopausal transition including hot flashes, night sweats, sleep disturbances, temperature dysregulation, mood disorders, urogenital atrophy, incontinence, fatigue, and cognitive decline.

Fortunately, estrogen can be safely and effectively replaced. It is like giving the body what it has always had. Bio-identical hormone replacement therapy (BHRT) is exactly that. It involves no fancy pharmaceutical drug—just the exact bio-identical signaling molecule

the body has used your whole life. The benefits of estrogen replacement are protection against cardiovascular disease, atherosclerosis, cognitive decline, urinary incontinence, and chronic UTIs. Estrogen replacement has been proven effective as a neuroprotective agent, decreasing cognitive decline. Long-term estrogen replacement decreases the risk of fracture from falling and the risk of stroke and atherosclerosis. Estrogen replacement in its natural BHRT form is safe and effective for women who desire to regain their youthful health.

Eric M. Kephart, DO is a 2006 graduate of Philadelphia College of Osteopathic Medicine practicing integrative medicine at 403 Hyde Park, Doylestown PA. At Kephart Integrative Medicine, we work to empower our patients to enjoy a youthful, healthy, and satisfying lifestyle. We want everyone to experience a better life. We are passionate about changing the aging

process. We believe in forging relationships with our patients to better understand their health and wellness goals.

This enables us to develop an effective plan that gets results. Call our office today to restore your health! (267) 406-4083.

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I am dedicated to helping my patients find effective treatments for managing the aging process. Health declines with age, but there are some initiatives we can take to improve our health and quality of life now. As we age, there is a decline in important hormones that our cells use for everyday functions. Hormones stimulate many processes throughout the body that maintain health, growth, healing and repair. Hormone deficiencies affect every cell in the body and result in degenerative changes

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