



Explore Bio-Identical Hormones in 2021

cell in the body and result in degenerative changes that occur during the aging process. Restoring hormone levels to optimal levels reverses many unfavorable effects that appear as we age.

Hormone decline is especially true for 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. These include hot flashes, night sweats, sleep disturbances, temperature dysregulation, mood disorders, urogenital atrophy, incontinence, fatigue, and cognitive decline.

The good news is that estrogen can be safely and effectively replaced. It

is like giving back to the body what it always had. Bio-identical hormone replacement therapy (BHRT) is exactly that. It's not a fancy pharmaceutical drug; instead, it's the exact bio-identical signaling molecule your body has used your whole life. The benefits of estrogen replacement are protection against cardiovascular disease, atherosclerosis, cognitive decline, urinary incontinence, and chronic UTIs. In addition, 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

want 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 in Doylestown. 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.

With the beginning of 2021, we eagerly anticipate the promise of and hope for a healthier future. Never before has it been more important to emphasize taking one's health seriously. Despite COVID-19 and the threat of declining health as we age, 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

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