

AM I PERI-MENOPAUSAL OR MENOPAUSAL? Bio-Identical Hormone Replacement Therapy

By Dr. Susan Berry



Do you suffer from hot flushes, night sweats, mood swings, anxiety, insomnia, irritability, depression, memory lapses, difficulty focusing, difficulty coping, frequent urinary tract infections, fatigue, vaginal dryness and weight gain? Have you been previously coping with a demanding career and now are often in floods of tears? Have you previously been juggling many roles competently.....wife, mother, care giver for ageing parents, home maker, work etc., etc., and now feel unable to juggle all of these challenges. These symptoms may be caused by the Peri-menopause or Menopause. These symptoms can significantly affect the quality of one's life, work performance and relationships. Conventional HRT (i.e. non bio-identical HRT Hormone Replacement Therapy) can be associated with substantial risks. Conventional HRT utilizes oral equine Oestrogen (derived from horses) and usually synthetic Progesterone, both of which differ chemically from the natural hormones a woman produces throughout her life time.



Menopause is defined as the cessation of the production of Oestrogens and Progesterone by the ovaries causing one year or more without menstrual bleeding. Hormone deficiencies can have pleiotrophic deleterious effects on the cardiovascular, neuro-cognitive and musculoskeletal systems. The Peri-menopause and Menopause is associated with loss of bone density and the development of several risk factors for cardiovascular disease. One has to remember that more women die from heart disease than breast cancer. Lifestyle changes are of paramount importance. That is, smoking cessation, alcohol intake within safe limits, weight reduction if overweight, regular aerobic exercise etc. The effect these lifestyle factors have on one's health cannot be under estimated. At The Ageless Medical Clinic, we will address the various risk factors associated with the Peri-menopause and Menopause as part of a comprehensive assessment. Our goal is ***hormone optimization*** with a focus on ***physical and emotional wellness in addition to disease prevention.***

In the UK the average age at which women reach the Menopause is 52. Some women can go through the menopause earlier. A menopause before the age of 45 is an 'early' or 'premature' menopause. Peri-menopausal refers to women who are not yet strictly menopausal but are experiencing some symptoms. Current studies consistently conclude that the benefits of estrogen and progesterone replacements are optimized when started early, especially from the cardio-vascular point of view.



Bio-identical HRT (BHRT) is identical in chemical structure to those produced in a woman's own body (derived from plants and yams) unlike conventional HRT. Although BHRT is natural, it is important to appreciate that too much of any hormone can cause side effects and be dangerous, therefore regular hormone monitoring is of the

utmost importance. Hormone therapy is therefore customized to the individual patient based on symptoms, past medical history and blood results. The BHRT is prescribed exclusively for the patient with a **focus on the alleviation of symptoms and safety.**

DR. SUSAN BERRY

With 25 years experience as a GP, a member of the British Menopause Society and The North American Menopause Society, Dr. Susan Berry will be more than happy to discuss your symptoms and formulate an individualized treatment program for you at her clinic. Dr. Berry lived in the US for 6 years, and is also a member of The American Academy of Anti-Ageing Medicine. She regularly attends many Anti-Ageing conferences in the US, and other international conferences. Dr. Susan Berry is a great advocate of BHRT, as she herself uses the treatment and is personally aware of the great benefits.

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