

Bioidentical Hormone Therapies

Functional and integrative medicine is the focus of this practice. Integrative and functional medicine is a lens by which a practitioner examines the patient from their social and cultural perspective, genetics, environmental influences, personality, hormonal influences and other components that may affect their health. She concentrates on a preventive medical approach that helps ameliorate and improve the problems caused by adrenal fatigue, fibromyalgia, thyroid disease, signs of early menopause, perimenopause and andropause. Bioidentical hormone replacement is a component of therapy that addresses symptoms of aging and degeneration, often impacting the ways the individual feels systemically. Addressing these needs in conjunction with a holistic view of other components such as nutrition, exercise and functional capacity can be a key to restorative treatment. Dr. Davis' intent as a practitioner is to partner and assist her clients toward their maximum wellness. As a board certified internist and medical acupuncturist, she has over 25 years experience in treating the whole patient. Therefore, her practice is patient centered instead of diagnosis centered. Each patient is unique in this perspective.

Bioidentical hormone replacement can be a safer and effective way for middle-aged individuals to assist the balance of their body's natural hormone levels. In the past, synthetic hormones have been available, but they have often not been dosed in an individual fashion, rather relying on a standard dose for everyone. To achieve optimal health, therapies are adjusted to the unique pattern of deficiency for the patient's testing profile; since an imbalance of one hormone can cause significant effects that impact a patient's health. The attempt to decrease the risk factors and side effects of standard synthetic therapies is based on using compounds that match the patient's biochemical profile as well as adjusting the doses to the minimum needed to achieve wellness. Bioidentical hormones are extracted from natural sources, usually plants, and are compounded to your individual requirements. By following a patient's biologic markers, a health provider can adjust for their symptoms and levels. Bioidentical hormone replacement therapy (BHRT) may help individuals gain a new perspective on metabolic issues and aging.

Bioidentical hormone replacement therapy can be used to treat the following conditions or symptoms:

Menopause - A gradual process that happens when a woman's ovaries make less estrogen and progesterone and her lifetime supply of eggs is depleted. A woman is considered to have reached menopause when she hasn't menstruated for 12 months. Outside of hot flashes, vaginal dryness and mood changes, the

symptoms of menopause are often protean and can be a considerable change in the individual's prior baseline.

Perimenopause - The period of transition to natural menopause during which the body undergoes endocrinologic and biologic changes resulting from declining ovarian hormone production. Symptoms are often similar to those of menopause. Perimenopause can last years and usually ends after twelve months of no menses.

Andropause - Andropause is the period of a man's life marked by a drop in testosterone hormone levels secreted by the testicles. The body changes occur and may be accompanied by symptoms such as changes in attitudes and moods, weight gain, fatigue, a loss of energy, loss of sex drive, change in blood sugar and other symptoms.

Thyroid - An imbalance of your thyroid hormone can affect every metabolic function in your body. Thyroid hormone can effect metabolism, digestion, muscle and nerve action, blood flow, hormone excretion, oxygen utilization, sexual function and other areas.

Fibromyalgia - Fibromyalgia is a disorder causing aching muscles, sleep disorders, and fatigue, associated with abnormal levels of the brain chemicals that transmit nerve signals (neurotransmitters) It is characterized by symptoms in several body systems. Symptoms include: Wide spread body pain, skin temperature changes, irritable bowel, brain fog, immune system or repeated illness and more.

Weight Loss Resistance – There are multiple reasons for weight loss resistance as we grow older including changes in your insulin metabolism, your thyroid and sex hormones, a decreased need for calories and an increased need for exercise and stamina training. Our overall body composition is greatly dependent on having balanced hormones, a healthy digestive tract, a balanced diet and an awareness of food allergies.

Adrenal Fatigue - Adrenal fatigue is a stress-induced condition characterized by a set of common symptoms that indicate decreased function of the adrenal glands. This syndrome is also known as hypoadrenia, adrenal exhaustion, adrenal insufficiency, adrenal gland fatigue, adrenal chronic fatigue, and non-Addison's hypoadrenia. This syndrome can affect your metabolism, notably those of fatigue and sleep issues, however multiple systems can be affected by this imbalance.