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# Is Hormone Replacement Right for Me?

## Bioidentical Hormone Replacement

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## Bioidentical Hormone Replacement

Have you noticed that you are feeling more tired in the middle of the day? Maybe you have trouble recalling information or finding the right words to say when you're in the middle of a conversation? These symptoms could be due to a hormone imbalance and you're not alone. Let's take a moment to focus on treatment options and information pertaining to Bioidentical hormones. For this blog post, we will only discuss Bioidentical treatment options.

You might be wondering what the differences are between Bioidentical and other forms of hormone replacement. Bioidentical hormones are made from plant derived sources which are natural and easily recognized by the body. Synthetic hormones are man made chemical compounds which our bodies don't recognize as easily.

For both men and women symptoms of hormone imbalance can include fatigue, exhaustion, brain fog, trouble concentrating, trouble with memory, low libido, weight gain in the belly area, depression, anxiety and for women only vaginal dryness, hot flashes and night sweats. Fortunately, you don't have to live with these symptoms. There is a way to treat these symptoms and feel better. I hear frequently from my patients that they have been told that this is simply a part of getting older or there's nothing that can be done, other than to be patient and the symptoms will go away on their own...eventually. I'm here to tell you, no, they will not get better alone but you don't have to suffer! Hormone imbalances don't go away, you just learn to cope with the life changing symptoms.

At Opulence Chicago, we carefully devise a plan for each individual patient that may include a combination of hormone replacement. Some patients only need testosterone replacement and some need a combination of estrogen, testosterone and possibly progesterone. We only choose to use Bioidentical hormones as replacement because they share the same molecular structure as your body's own hormones therefore making it safer and more streamline.

It has been amazing to see hormone replacement therapy change patient lives. I have a patient who is in her 60s and was married for 30+ years. Sadly, she lost her husband and she went into a depressive state. Her gynecologist recommended hormone replacement to help her get some energy back and help with vaginal atrophy (or thinning of the vaginal wall which results in uncomfortable symptoms). She had her first set of pellets done with me and felt like she had more energy, mental clarity and even mentioned not having as much of a short fuse. She is working and

noted that she would get annoyed with people very easily. After her second and third pellet procedure, she began to feel more of the benefits like weight loss (she lost 10 lbs) and she said she felt like she got her life back. She attended her 50th high school reunion and reunited with an old high school boyfriend. She said she would likely not had had the confidence to “flirt” with this high school boyfriend if it wasn’t for her feeling so good about herself.

While hormone therapy might not be for everyone, it certainly can change your life if you are a good candidate. For more information, contact us at Opulence Chicago and schedule a consultation right away.