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Pros and Cons of Bioidentical Hormone Replacement Therapy by [James Blee](#)

Article published on March 21st 2012 | [Health](#)

bioidentical hormone replacement therapy is a way of introducing hormones into the body for varied reasons. These hormones are bio-identical, which means they are identical to the hormones produced in the body in terms of structure. However, these hormones are synthesized in the laboratory by the biochemist. A classic case of the natural hormone replacement therapy is after the menopause in women, when there is a fall of estrogen level and several symptoms including night sweats, improper sleep and hot flash start appearing. This therapy not only works well against such menopausal symptoms but also against osteoporosis which is caused because of diminished bone density in the body.

However there are quite a few risks involved in this therapy which is why there is so much controversy involved around it. It is also important to make sure that the right dosage adjustment is done to tailor the therapy to the requirements of the body. Otherwise, there is always the risk of breast cancer too. One of the major disadvantages is the fact that there isn't telling evidence and test results about the side effects and results of this therapy on individuals with different hormone requirements.

Issues like mood swings and retention of water could be related to the reduction in levels of progesterone in women, one of the reasons the natural hormone replacement is suggested. However, one can never be sure whether the therapy could lead to heart problems or any other effects over a longer period of time. There are other complications too as to which therapy to go for in case of women without a uterus and those with a uterus. There is the risk of endometrial cancer which is related to estrogens.

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Article Keywords:

bioidentical hormone replacement therapy,natural hormone replacement therapy