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Treating Hormone Imbalance via Bioidentical Hormone Replacement Therapy

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Over menopause, a woman's ovaries stop creating eggs and her regular menstruation end. It is a normal component of a woman's life which normally takes place between the ages of 45 and 55. When menopause is completed and the woman has not had her period for a year, it means she can no longer have a baby.

Over menopause, the ovaries stop generating estrogen and progesterone, which are hormones that control several of the body's numerous functions. Any imbalance-- such as the production of more estrogen than progesterone or vice versa-- may lead to adverse symptoms and signs. In any case, women are recommended to go through medical procedures to supplement the body with adequate amounts of these two hormones. One procedure to regard is bioidentical hormone replacement therapy (BHRT).

Bioidentical hormone replacement therapy involves the use of supplemental doses of hormones that have a chemical structure the same to regular human body hormones. It is specifically produced to regulate symptoms of menopause, peri-menopause, and post-menopause. Even though bioidentical hormones are dynamic chemicals that give a multitude of advantages, they also possess certain hazards.

Some of the risks and probable side-effects of BHRT include a somewhat increased risk of breast cancer, ovarian cancer, cardiac arrest, blood clots, and stroke. Those who follow the therapy are encouraged to seek expert assistance first prior to proceeding. It is also a good idea to go through a hormone imbalance test in advance because a glut of hormones in the body may trigger misery.

Bio identical hormone replacement therapy procedures are administered via a cream or suppository. BHRT can also be taken by mouth or through injection. There is also pellet treatment, which involves administering the hormones in pellet form. These pellets look like grains of rice, and are placed directly underneath the skin to provide consistent pain relief in in four to six months. Pellet therapy requires revisits 2 to 3 times yearly. It depends on you on how you prefer to take the hormones.

Choosing a specialist who gives bioidentical hormone replacement requires patience and energy. Ask for suggestions from family doctors or do a quick search online to obtain a list of reputable professionals in your place. Take time to visit doctors personally to get a great feel of their services.

Accepting hormone imbalance can make you go crazy. Its damaging effects--mood swings, anxiety, and depression--can take its toll on both you and your family. If you're curious about reading more regarding bioidentical hormone replacement therapy, visit Menopause.org for more comprehensive information related to the issue.

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