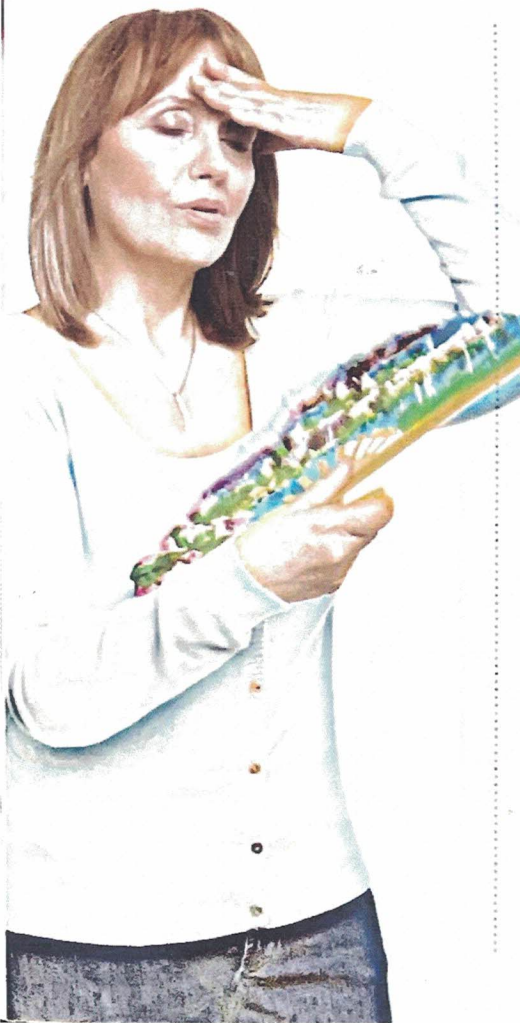


# what you need to know about...

bioidentical hormone replacement therapy



**W**atching your children grow up one by one into young adults, who are graduating high school and moving out to attend college is something many parents expect to experience and can, in most cases, begin to prepare for not just financially, but emotionally as well. As easy as one would think it will be to finally have time for yourself, your spouse, and your home again, it doesn't always seem as easy to let go once that time comes. But you do, and things settle down as you learn how to manage your new life with grown children and spare time. Having time to prepare for that stage in life makes it a bit easier because you know it's coming, but what about the things you couldn't prepare for because you didn't know to expect them?

Every woman will go through the menopausal state between their fifties and sixties. This is in fact something all women know and can expect; however, what you can't expect is how your body will handle it and which of the common symptoms you will experience. The most common and openly spoken about side effect is without-a-doubt hot flashes. During your lifetime you see and hear women complaining about them, stripping off layers of their clothing, and fanning themselves when no one else seems to be hot. So when John Hopkins Medicine website states 75% of women will experience hot flashes during menopause, you can almost guarantee you will have at least a brief encounter with this symptom. But what about the unspoken side effects of menopause? The ones most women feel are not proper to speak of in day to day

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conversations and are happening behind closed doors? Now that you are in this phase of life, or approaching it, there may be more to it than you expected.

In menopause, a woman's estrogen and progesterone levels decline, this imbalance in your hormones leads to a number of uncomfortable symptoms including more than the mere obvious hot flashes:

**Sexual Dysfunction** - loss of sexual desire (libido), loss of arousal (inability to adequately lubricate the vagina), and dyspareunia (painful intercourse)

**Vaginal Atrophy** - vaginal dryness and thinning of the tissue leading to pain during intercourse as well as vaginitis, cystitis, and urinary tract infections.

**Relaxation of the Pelvic Muscles** - leads to urinary incontinence and also increases the risk of the uterus, bladder, urethra, or rectum protruding into the vagina.

**Hair Growth** - Changing hormones can cause some women to experience an increase in facial hair and/or a thinning of the hair on the scalp.

The good news is primrose isn't your only option. Many women have heard of hormone therapy at some point or another but not having enough information or resources available have left most just wondering what exactly it is. Traditional hormone replacement therapy is a synthetic patented product produced by pharmaceutical companies to try and give prolonged stimulation to specific cells to compensate for the hormonal imbalance. Since these hormones are synthetic they can only be administered a certain way, in certain dosages, with certain side effects just like any other Rx. However, with Dr. Jeffrey Schwartz at the Center for Sexual Medicine, there is now a more safe and effective way to find relief of these menopausal symptoms with Bioidentical Hormone Replacement Therapy (BHRT). Unlike traditional synthetic hormones, bioidentical hormones are plant based derivatives which allows them to act more like the body's natural structure of the



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hormones, they can be prescribed in any dosage amount that meets the precise need of each individual patient (ex. 5.1 mg), and are able to be administered in a multitude of ways (transdermal creams, subcutaneous pellets, intravaginal and/or labial creams, etc).

With all the vast technologies and inventions readily available to so many people, why is it that some still shy away from seeking answers to medical issues that seem taboo or unspoken? Why would one not seek out answers to help with life affecting issues even when it can mean saving a marriage or other vital relationships?

It is said very well by Suzanne Somers, whom most may know from her numerous hit shows and TV appearances but few know of her advocacy for BHRT, "What is it about our human nature that we feel the need to defend the choices we've made when it comes to our medical treatment?" - Suzanne Somers, *Ageless: The Naked Truth About Bioidentical Hormones*

Now that you have this new found time you and your husband have been waiting for, are you ready? Dr. Jeffrey Schwartz is an anti-aging physician as well as a certified sex therapist. Though he is a physician, his practice, located in Lakeland, is far from anything medical once you step inside. There is an exam room but that is the last place his patients will see. The initial appointment is mainly spent discussing therapeutic issues and with its serene atmosphere and water fall it feels more like you've stepped into a relaxing spa. "This is about allowing you to feel comfortable enough to discuss these issues with me," Schwartz said.

Don't settle for the mainstream medical approach to these natural issues you are facing, seek the personal and individualized care you deserve, call the Center for Sexual Medicine today for an appointment with Dr. Schwartz.

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