Bio-Identical Hormones

In our practice, the approach to hormonal issues is completely different from that which you might receive from a conventional practitioner. The goal of any form of hormone replacement therapy should be to provide an adequate supply of the deficient hormone in a form that is as close to that which the body originally produced, thereby, resulting in normal physiological effects. Every person is unique. The beauty of bio-identical hormone replacement therapy is that the strength and dosage can be custom compounded to meet each individual's need. The precise components of each person's therapy need to be determined after medical history, symptoms, and laboratory testing are considered.

Hormone deficiencies happen gradually as a person ages. In the sub-clinical phase, ages 25-35, most of the hormone levels start to decrease. A person looks and feels good, but internal cellular damage is already happening. In the transition phase, ages 35-45, the production of many hormones has fallen more than 25% and biomarkers are beginning to show aging. Cellular damage by free radicals increases. If not controlled or slowed, mutational changes can lead to aging problems. Lastly, is the clinical phase, ages 45 and above. In this phase, hormones decline including DHEA, melatonin, growth hormone, and male and female sexual hormones. The rate of decline accelerates as a person ages.

Bio-identical hormones re-establish a hormonal balance. They alleviate the symptoms caused by the natural decrease in production of hormones by the body. In addition, bio-identical hormones give the protective benefits that were originally provided by the naturally occurring hormones. Bio-identical hormones have the same chemical structure as hormones that are made by the human body.

The key to natural or bio-identical versus synthetic is the molecular structure of the hormone. In order for a replacement hormone to fully replicate the function of hormones, which were originally naturally produced, and present in the body, the chemical structure must exactly match the original.

Researchers have long held that there are significant differences between hormones that are natural to humans (bio-identical) and synthetic (including animal-derived) preparations. Structural differences that exist between natural and synthetic hormones may be responsible for the side effects that are experienced when non-bio-identical hormones are used for replacement therapy.

Side chains may be added to a natural substance to create a synthetic product that can be patented by a manufacturer. A patented drug can be profitable to mass-produce, and therefore a drug company can afford to fund research as to a medication's use and effectiveness. However, bio-identical substances cannot be patented, so scientific studies are less numerous on these natural hormones.

When a bio-identical hormone circulates through your system, and binds with a receptor, the fit is the same as if your body had produced this hormone. Bio-identical hormones have been growing in popularity because they are very effective and often without the side effects from the use of synthetic or animal derived hormones.

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