

# Feel Like Yourself Again

At Flow Wellness



## Are You Feeling Any of These?

- Hot flashes or night sweats
- Changes in your sex drive
- Trouble sleeping through the night
- Feeling more forgetful or foggy
- More anxious, irritable, or sad than usual
- Achy or stiff joints
- Thinning hair or skin that feels less firm



## Why This Guide Matters

Millions of women experience symptoms when their hormones get out of balance — things like hot flashes, brain fog, mood changes, vaginal dryness, poor sleep, and low libido.

Bioidentical Hormone Replacement Therapy (BHRT) uses hormones that are chemically the same as the ones your body naturally makes. The goal is to bring your hormones back into balance, help you feel better day-to-day, and support long-term health.

## What Bioidentical Hormone Therapy Can Help With

- **Hot flashes & night sweats** that affect daily life or sleep
- **Sleep problems** — trouble falling asleep, staying asleep, or waking too early
- **Brain fog** — trouble concentrating or remembering things
- **Mood changes** — irritability, anxiety, feeling “off”
- **Vaginal dryness or discomfort** — pain during sex, recurrent UTIs, burning or itching
- **Low sex drive** or trouble with arousal/orgasm
- **Low energy or motivation**
- **Joint aches or stiffness**
- **Skin and hair changes** — dryness, thinning, less elasticity
- **Weight gain around the belly** or changes in cholesterol or blood sugar



Your plan is customized based on your health, symptoms, and goals.

## Why Hormone Therapy Got a Bad Reputation

In 2002, an early study from the Women’s Health Initiative (WHI) made headlines saying hormone therapy increased the risk of breast cancer, heart disease, and stroke. Many women stopped HRT, and doctors were told to avoid it.

Now we know:

- The study used older forms of hormones (not bioidentical) and included many women well past menopause.

- Risks vary by age, time since menopause, type of hormone, and how it's taken (pill vs. patch/gel).
- For healthy women under 60 or within 10 years of menopause, benefits often outweigh risks.
- Modern BHRT often uses bioidentical estradiol and micronized progesterone, especially in non-oral forms, which can be safer for many women.

## How We Use Bioidentical Hormone Therapy Safely At Flow Wellness



### 1. Personalized Assessment

We start by reviewing your symptoms, full medical history, and health goals.

### 2. Risk–Benefit Evaluation

Together, we weigh the potential benefits of bioidentical hormone replacement therapy against any individual risks, always considering your age, health conditions, family history, and personal preferences. This ensures that treatment decisions are informed, transparent, and tailored to you.

### 3. Tailored Treatment Plan

Your plan is based on how you feel and what your comprehensive lab results show.

### 4. The Right Type & Route

Depending on your needs, you may be prescribed estradiol patches or creams, oral micronized progesterone, and/or hormone pellets.

- **Pellets** are tiny, concentrated hormones placed just under the skin, releasing a steady dose over several months.

### 5. Lowest Effective Dose

We start with the lowest dose that could help, then adjust until you get relief without unnecessary side effects.

### 6. Ongoing Monitoring & Support

Follow-up visits help us track your progress, check for side effects, and fine-tune your

treatment. You'll have frequent, direct contact with your provider through our secure patient portal, so your questions go straight to your clinician.

## 7. Lifestyle Foundations

We support your results with guidance on sleep, balanced nutrition, regular strength training, and stress management.

## Common Questions



### **Is BHRT the same as other types of hormone therapy?**

No. Bioidentical hormones have the same structure as your natural hormones, so they work in your body the same way.

### **What forms are available?**

Patches, gels, creams, vaginal tablets, shots, vaginal rings, sometimes pills, and/or pellets. Not all hormones are available in all

forms. You may get estradiol cream, oral progesterone (if you have a uterus), and in some cases oral DHEA or low-dose testosterone for low sex drive.

### **How long will I need HRT?**

It depends. Some women use it for a few years, others longer. We'll decide together based on your symptoms, benefits, and risks.

### **What side effects are possible?**

Breast tenderness, light spotting, bloating, or mood changes may happen early on. These often improve with dose or form changes.

### **Who should avoid HRT?**

Women with certain conditions (like active breast cancer, unexplained vaginal bleeding, liver disease, or a history of blood clots) may need other options. We'll review your history and work with your other providers to keep you safe.



## Ready to Feel Like Yourself Again?

- [Schedule a free informational phone call](#) with Dr. Shena Vander Ploeg.
- Obtain lab work and follow up with Dr. Shena.
- Start treatment and feel like yourself again!

## Want More Information?

Download the [Bioidentical Hormone Revolution](#) E-book by Donna White

### The Flow Wellness Difference



#### IV Therapy in Bend, Oregon

Our **customized IV infusions** deliver rapid hydration and essential nutrients directly into your bloodstream for maximum absorption. Whether you're looking to boost your immune system, recover from illness, enhance athletic performance, or simply feel more energized, our IV therapy options are designed to meet your specific needs.

#### Peptide Therapy & Prescription Supplements

Peptides are short chains of amino acids that play a vital role in cellular function and repair. At Flow Wellness, we offer **personalized peptide protocols** to support muscle recovery, hormone balance, immune health, fat loss, and cognitive performance. All treatments are medically supervised for safety and results.

#### Medical Weight Loss

Our **medical weight loss programs** are designed to deliver safe, sustainable results. We combine prescription medications, nutritional guidance, lifestyle coaching, and ongoing medical monitoring to help you lose weight, improve metabolic health, and maintain your results long-term.

#### Ketamine Therapy for Mental Health

Flow Wellness provides **IV & oral ketamine treatments** in a safe, controlled, and supportive environment. This innovative treatment has shown promise for individuals struggling with depression, anxiety, PTSD, and other mental health challenges—especially when traditional therapies have been ineffective.