



## **California Wellness Institute**

**Urologists & Anti-Aging Physicians located in Brentwood, Los Angeles, CA & Palm Desert, CA**

As you age, your body produces fewer hormones, which can cause disruptive symptoms ranging from weight gain to hot flashes, even for men. At California Wellness Institute, in Los Angeles and Rancho Mirage, California, Eugene C. Rajaratnam, MD, offers bioidentical hormone replacement therapy to replenish your hormonal balance and restore your health. Call the California Wellness Institute or make an appointment online today.

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## ***Bioidentical Hormone Replacement Therapy*** **Q & A**

**What is bioidentical hormone replacement?**

Bioidentical hormone replacement is a safe and effective way to restore hormonal imbalances that contribute to a variety of symptoms that interfere with your quality of life. Bioidentical hormones are custom-made from natural ingredients to deliver precisely the hormones your body needs for optimal body function.

Your hormones regulate every body function from your metabolism to your sex drive. Bioidentical hormone replacement can reduce the side-effects of aging and help you maintain a healthy and active lifestyle.

## What are the signs that I might need bioidentical hormone replacement?

If you have a hormonal imbalance or age-related hormone production decline, you may develop a wide range of symptoms. While menopause is one of the most common conditions that benefit from bioidentical hormone replacement, men also experience a decline in hormone production as they age. Some of the symptoms that indicate a hormonal imbalance include:

- Weight gain or trouble losing weight
- Muscle mass loss
- Fatigue
- Hot flashes and night sweats
- Mood changes and irritability
- Depression and anxiety
- Disrupted sleep
- Memory loss and reduced concentration
- Libido loss
- Painful sex
- Erectile dysfunction

If you have any of these symptoms, you don't have to accept them as a normal part of aging. Contact Dr. Rajaratnam at the California Wellness Institute to learn about your anti-aging options, including bioidentical hormone replacement therapy.

## **Bioidentical hormone replacement**

Bioidentical hormone replacement replenishes your hormone levels and reverses many of the symptoms that interfere with your wellness as you age. Addressing this common root cause of age-related health issues can improve your vitality and energy levels.

## What happens during bioidentical hormone replacement therapy?

Bioidentical hormone replacement begins with a thorough consultation, physical exam, and blood tests. Dr. Rajaratnam asks about your symptoms, medical history, and overall health and lifestyle. The blood tests show any hormonal imbalances as well as other conditions that could cause similar symptoms.

If a hormonal imbalance is the root cause of your symptoms, Dr. Rajaratnam prescribes bioidentical hormone replacement. Depending on your needs, he may recommend oral medication, subdermal hormone pellets, or topical creams.

You have frequent appointments with Dr. Rajaratnam to monitor your symptoms and hormone balance. He may adjust your dose to optimize your health.

Call California Wellness Institute or make an appointment online today to find out if a hormonal imbalance is the cause of your symptoms and if bioidentical hormone replacement is right for you.

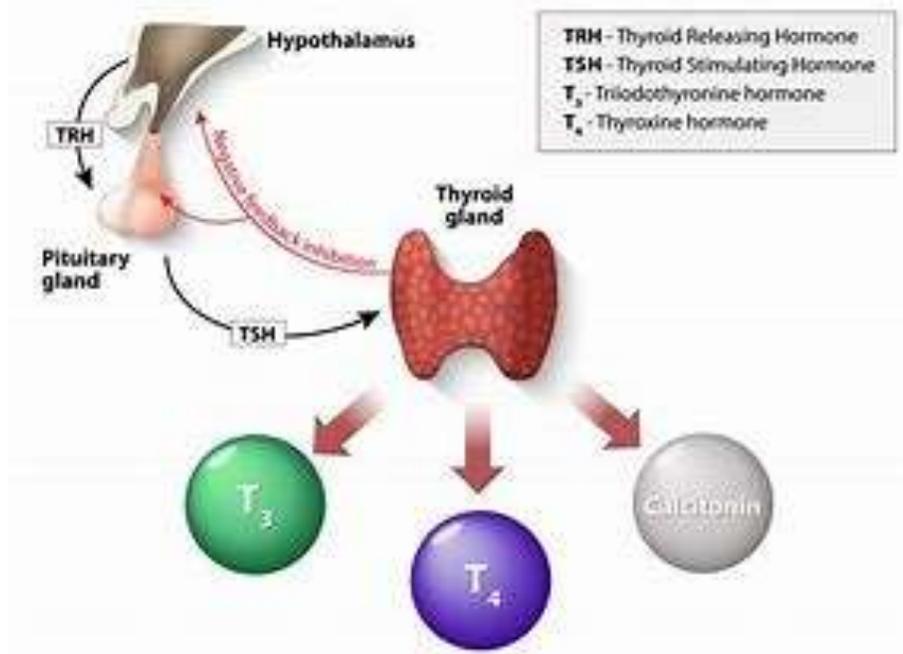
**Hormone Replacement Therapy (HRT)**

A treatment used to **restore diminished hormone levels** in women in order to relieve symptoms of an imbalance

TYPES	HOW TO TAKE IT
<ul style="list-style-type: none"><li>○ Implants</li><li>○ Patches</li><li>○ Pills and tablets</li><li>○ Creams, sprays, and gels</li><li>○ Vaginal rings, suppositories, or creams</li></ul>	<ul style="list-style-type: none"><li>○ Cyclical combined or continuous combined</li><li>○ Treatment is personalized</li></ul>
WHO SHOULD AVOID IT	ALTERNATIVES
<p>Those with a history of:</p> <ul style="list-style-type: none"><li>○ Breast, ovarian, and endometrial cancer</li><li>○ Unexplained vaginal bleeding</li><li>○ Blood clots</li></ul>	<ul style="list-style-type: none"><li>○ Lifestyle changes</li><li>○ Alternative medicine</li></ul>

MenopauseNow.com

# THYROID HORMONES



## MEN

### UNBALANCED HORMONES

Can make you feel like a shadow of your former self

Are you experiencing:

- ♂ low sex drive
- ♂ moodiness
- ♂ aches & pains
- ♂ lack of energy
- ♂ muscle loss
- ♂ foggy memory



## WOMEN

### UNBALANCED HORMONES

Can make you feel like a stranger in your own skin

Are you experiencing:

- ♀ hot flashes
- ♀ weight gain
- ♀ night sweats
- ♀ mood swings
- ♀ vaginal dryness
- ♀ low libido