

Bio-Identical Hormone Replacement Treatment

[Lauren Fox](#) FNP, BC 413-535-6022

Lauren is available to see patients for homeopathic consults and Bio-Identical Hormone Replacement evaluations at Acupuncture and Associated Therapies the first weekend of each month. Call her directly at 413-535-6022 to make an appointment.

When considering the use of hormonal replacement treatment, it is important to acknowledge that the body's level of hormones declines at midlife and subsequently these hormones cease to be produced. This occurs naturally in both men and women; therefore, it is NOT natural to replace them! With that said, there are indeed men and women whose symptoms greatly interfere with their quality of life. These are the people who can benefit from hormone replacement during this time of transition. Bio-identical hormones are hormones that are naturally extracted from plants, soy, and yams. They most closely mimic the body's hormonal composition and function.

There has been no evidence thus far of negative effects, but there are individuals who have shown sensitivity to either the dosage, the plant used, or the vehicle in which the hormone is absorbed. Bio-identical hormones can be digested orally via capsule or droplets used under the tongue, or via cream applied to soft tissue.

Lauren's approach is to use bio-identical hormone replacement therapy when other complementary health methods have proven unsuccessful. She requires a blood hormonal assessment done by Genova Lab. This lab has agreements with major health insurers called the "pay assure" program. The patient pays only an upfront fee (presently \$154 for BCBS), then the Lab bills the insurance company and accepts what they reimburse. For those who do not have insurance that participates in this program there is also a "cash" price.

For women, Lauren also requires a copy of the patient's pap smear and mammogram, if she does these tests. After the blood work is evaluated, which allows her to design an individual prescription for the patient, she will prescribe the bio-identical hormones prepared by Women's International Pharmacy (WIP) (800- 699-8144). They are a very informative, interactive, efficient group of professionals. They are very willing to provide educational information to anyone that requests it. WIP does not bill insurance companies but the costs of these medicines are relatively low.

Bio-identical HRT is useful for both men and women, but needs to be closely monitored and tapered off gradually as soon as possible.