

Thank you for choosing Integrative Hormone Consulting (IHC). We continually strive to provide our patients with the best patient care possible. Our pharmacist and nurse carry out ongoing study and research and network with nationally known researchers and physicians in order to give you the most up to date products and information. Knowledge, clinical experience and evidence based research are the foundation of our practice.

Andropause (also called hypogonadism) is a gradual progressive decline in free and total testosterone that occurs over a period of years resulting in physiological and psychological changes, which may vary from mild to moderately severe. Low testosterone, elevated estrogen, or a combination of both can cause andropause symptoms. Other causes include aging, low thyroid hormone, inflammatory disease, obesity, alcohol abuse, depression, medications and malnutrition. Physical changes may include erectile dysfunction, muscular weakness, loss of lean body mass and increase of fat in the abdominal and chest area, decreased body hair and feeling tired. Psychological changes may include depression, decreased libido and difficulty concentrating.

The main way to treat the decreased testosterone levels is to give back to the body what it has lost. The goal is to improve the symptoms listed above and get the patient feeling back to normal. This therapy can also help cholesterol levels and blood sugar levels, increase bone density and improve muscle mass. We use lozenges to put under the tongue as well as gels and creams that pass the medication through the skin. Subcutaneous injections can be given, and we can refer patients to a physician for testosterone pellets implanted under the skin for long-term slow release. Patients should be warned, however, that there are some risks associated with testosterone therapy, especially in elderly men. These risks include increased risk increased prostate growth or prostate cancer, or the development of breast tissue. Patients may experience water retention with or without congestive heart failure if they have preexisting heart, kidney or liver disease.

We also use subcutaneous injections of human chorionic gonadotropin (hCG) in younger men with hormonal issues. The hCG mimics a hormone that stimulates the natural production of testosterone. In younger men, we want to try to avoid lifelong dependence on testosterone therapy, and hCG has shown to be an effective way to do this.

Compounding pharmacies can make a balance of these hormones that is specific to each patient's needs. Here at IHC, we work closely with you, with your physician and with the compounding pharmacy to make sure you are getting the best care. We also believe that eating healthy and staying active with the BHRT is crucial. Our pharmacist and nurse are available for personal counseling sessions by appointment. These sessions focus on all aspects of your health, including current medications and supplements, diet, lifestyle, and personal health history in order to determine the best therapy for each individual.

References:

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