

Understanding hormone treatments

Hormonal changes affect all women and can cause both symptoms and health risks. Responses to hormone treatments vary from person to person.



Perimenopause



Menopause



PMS and PMDD



PCOS/PMOS



Postnatal depression

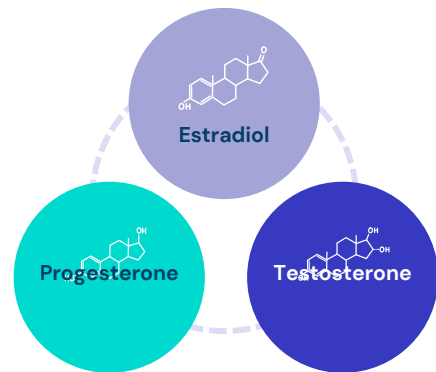
These are all conditions associated with hormonal changes.



This is why there should **never be a one-size-fits-all approach** to hormone treatments.

What are body identical hormones?

Body identical (bioidentical) hormone treatments are different to synthetic types of hormone treatments found in all hormonal contraceptives and in older types of HRT.



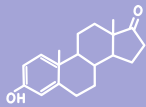
- ✓ Structurally and chemically identical to the hormones naturally produced by the body
- ✓ Prescribed to improve hormone-related symptoms and also to improve future health
- ✓ Available in different doses and types. Some women need one hormone, some need two hormones and other women need all three.



Hormone treatments should be prescribed as evidence-based, personalised treatment to **improve symptoms and future health.**

Remember

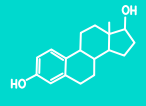
Older types of HRT and hormonal contraceptives are **not actually hormones** – they are chemicals manufactured to be similar to hormones but are structurally different and are associated with risks and side effects.



Estradiol

Estradiol

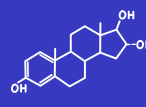
Estradiol is the main, most beneficial form of estrogen used in hormone treatment and is usually prescribed through the skin using gels, patches or sprays. Some women need higher doses to achieve optimal hormone levels and symptom improvement, which is why blood tests are often recommended to help guide treatment¹⁻⁴.



Progesterone

Progesterone

Progesterone has beneficial effects on every cell in the body and brain. It is not just needed for the womb, so women who have had a hysterectomy and those using progestogen coils (such as Mirena) can still be prescribed progesterone. Progesterone can be prescribed as micronised progesterone which is an oral capsule and also as progesterone pessaries and suppositories. A compounded cream is also available.



Testosterone

Testosterone

Testosterone is an important hormone for women and levels usually decline with age, often from early thirties but can be younger. In addition to improving libido, testosterone can also improve mood, motivation, memory, fatigue, concentration, migraines, joint pains, and overall wellbeing. Testosterone is usually prescribed using a body identical gel or cream.

Why hormone treatments should always be individualised

Women absorb and respond to hormone treatments differently. Even when using the same type or dose, hormone levels and symptom improvement can vary between women.

Treatment should always be guided by:

- ✓ Symptoms
- ✓ Individual response
- ✓ Blood levels when appropriate

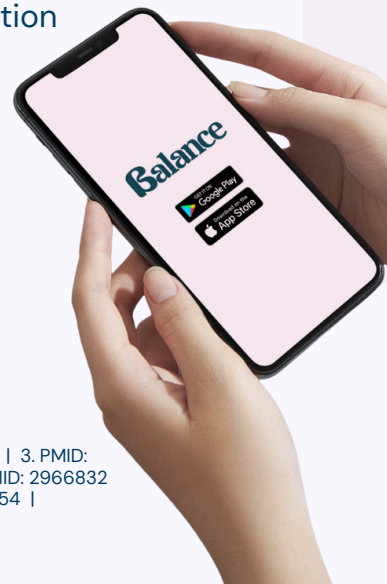


The aim of hormone treatments is to restore hormones to physiological levels to improve both quality of life and long-term health.

Download **Balance app** for more detailed information about hormones and hormone treatments.



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References

1. PMID: 39689249 | 2. PMID: 41529140 | 3. PMID: 16112947 | 4. PMID: 39689249 | 5. PMID: 2966832 | 6. PMID: 16645534 | 7. PMID: 21930354 | 8. PMID: 21177051 | 9. PMID: 3881960