

SYMPTOMS OF HORMONE IMBALANCE

- Hot Flashes and Night Sweats: Hot flashes are characterized by sudden warmth, flushing, and/or sweating.
- Vaginal Dryness and Discomfort: Dryness, itching, recurrent vaginal and/or urinary infections, and painful sex.
- Sleep Disturbances: Difficulty falling asleep and/or staying asleep.
- Decreased Sexual Function: Loss of libido and difficulty becoming aroused.
- Emotional Changes: Mood swings, irritability, anxiety, and/or depression.
- Weight Gain: Weight gain (particularly around the abdomen), an overall inability to lose weight, and/or difficulty gaining muscle mass.
- Hair Loss and Wrinkles: Hair loss, more noticeable fine lines and wrinkles, and a thinning of the skin, which makes bruises and scars appear more noticeable.
- Atherosclerosis: Increased risk of plaques in blood vessels, which can lead to heart disease, diabetes, dementia, and/or eye disease.

ABOUT US

Led by Dr Hannah Shehata, MHA provides top-tier medical care for women. Our goal is to help women be the best version of themselves inside and out.

Our office offers gynecologic care for women of all ages. However, we recognize that female sexual health concerns are often brushed aside, especially as women get older. Therefore, MHA specializes in treating women who are in menopause and/or going through the changes of menopause. Our office offers innovative treatments for urinary leakage, loss of sexual desire, decreased sexual sensitivity, and painful sex. We also offer hormone replacement therapy.



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MHA
MURRIETA HEALTH
& Aesthetics

**BIOIDENTICAL
PELLET THERAPY**



Emphasizing Female Sexual Health

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WHAT IS HORMONE REPLACEMENT THERAPY?

Menopause leads to physical and emotional changes in women. Bioidentical hormone replacement therapy (BHRT) helps to balance a woman's hormones. It involves administering low-dose hormones to supplement and/or replace the natural hormones that the female body is no longer adequately producing.

WHAT HORMONES DOES BHRT REPLACE?

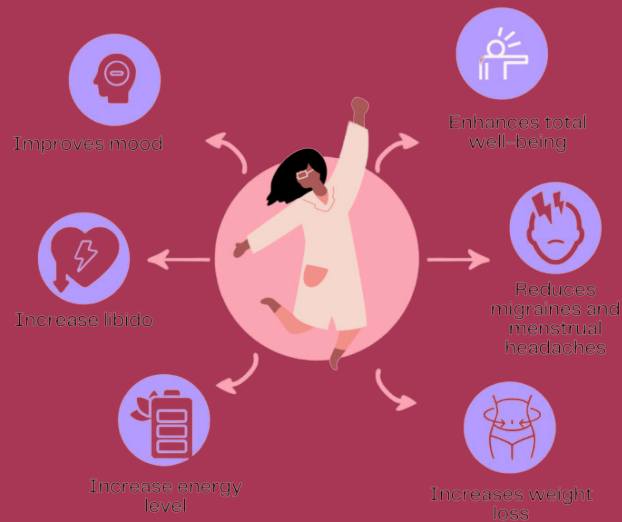
There are three main hormones in the human body: estrogen, testosterone, and progesterone. The production of these hormones declines as a woman ages. A woman stops producing them almost completely after entering menopause. These hormones can be replaced using BHRT.

WHAT SHOULD I KNOW ABOUT BHRT?

MHA delivers BHRT through pellets, which is the gold standard of hormone replacement therapy. BHRT is usually off-label, meaning it is not an FDA-approved route of hormone replacement. As a result, most BHRT options are NOT covered by medical insurance. However, the results are dramatic and well worth the out of pocket investment.

WHAT IS THE BENEFIT OF BHRT PELLETS?

- Decreases hot flashes
- Reduces all-cause mortality
- Improves sexual desire and arousal
- Slows the physical signs of aging
- Helps you fall asleep and stay asleep
- Improves mood and reduces irritability
- Decreases the risk of depression
- Slows atherosclerosis (plaque formation)



- Reduces the chance of dementia
- Decreases the chance of developing heart disease and heart attacks
- Decreases the chance of having a stroke
- Decreases the risk of diabetes
- Decreases the risk of eye disease
- Reduces abdominal fat
- Slows the loss of muscle mass
- Slows bone loss and reduces the risk of developing osteoporosis
- May help lower blood pressure

WHY CHOOSE PELLETS?

While synthetic oral medications, patches, and bioidentical creams are effective, they require frequent dosing which may result in fluctuations in hormone levels. Bioidentical pellets are customizable with dosing based on your specific symptoms and lab results. The slow release of hormones over an extended period of time last 4-5 months!

WHAT ARE THE RISKS OF BHRT?

BHRT can cause fluid retention, breast tenderness, acne, hair growth, and changes in mood and/or sleep patterns. More serious complications include strokes, blood clots, allergic reactions, infection at the pellet insertion site, or extrusion of a pellet (if applicable).

WHO IS A PELLET CANDIDATE?

Although most women experiencing symptoms related to menopause and/or perimenopause will benefit from BHRT, it is not safe for all women. In order to make sure BHRT is right for you, we recommend scheduling a hormone replacement consult. Our providers will review your medical history in detail, assess your symptoms, and discuss your treatment option with you.