

HORMONE DEFINITIONS

WHAT ARE THE GOALS OF BHRT?

Reestablish the individual's hormonal balance

Provide protective benefits that were originally provided by the body's naturally occurring hormones

Alleviate symptoms caused by a natural or surgical decrease in hormones

SEVERAL TYPES OF HORMONES COMMONLY PRESCRIBED FOR BHRT:

Estrogens - a family of hormones (Estradiol, Estrone, Estriol) that are necessary for maintaining the health of the female reproductive organs and tissues as well as the breasts, bones, skin and brain.

Estradiol (E-2) - the most potent naturally occurring estrogen in mammals. Estradiol is formed by the ovaries, placenta, testis and possibly the adrenal cortex. Estradiol is used in the treatment of menstrual and menopausal problems.

Estriol (E-3) - a metabolite of Estradiol, found predominantly in urine, especially during pregnancy. Estriol can be beneficial for menopausal symptoms and vaginal dryness.

Estrone (E-1) - a metabolite of Estradiol commonly found in the urine, ovaries and placenta. Estrone has considerably less biological activity than the parent hormone. It is also known as follicular hormone.

Bi-Est - a standard estrogen combination of 80% Estriol and 20% Estradiol. Other ratios can be compounded as per request.

Tri-Est - a standard ratio of 80% Estriol, 10% Estradiol and 10% Estrone. This ratio best mimics a woman's natural biochemistry. Other ratios can be compounded as per request.

DHEA (dehydroepiandrosterone) - is the principle androgen in men and women. DHEA is produced by the adrenal glands and metabolizes into testosterone and estrogens. DHEA influences bone density, energy, stamina, mood, mental function, and immune function.

Pregnenolone - a steroid that serves as an intermediate in the biosynthesis of hormones, including progesterone and DHEA.

Progesterone - a hormone produced by the ovaries upon ovulation. A precursor to most of the steroid hormones, it has many vital functions, from maintaining pregnancy to regulating menstrual cycles. Progesterone has calming and diuretic properties and enhances the beneficial effects of estrogens while preventing problems linked with estrogen excess.

Testosterone - an anabolic hormone that is involved in maintenance of lean body mass, bone density, skin elasticity, sex drive and cardiovascular health in both sexes.

