



Restore Balance

Three simple steps to hormone therapy that works



Feel and look great with
bioidentical hormone therapy
as individual as you!



Hormone therapy can alleviate the symptoms of menopause and andropause and make you feel like yourself again.

What is Menopause?

When women suffer from menopause, a natural part of growing older, many symptoms occur as a result of the imbalance and loss of the sex hormones estrogen, progesterone and testosterone:

- Mood swings
- Decreased libido
- Insomnia
- Anxiety/depression
- Hot flashes
- Osteoporosis

What is Andropause?

Male menopause, or andropause, is the result of the normal aging process and the gradual drop of testosterone, which is an androgen. Testosterone or androgen deficiency includes, but is not limited to, the following symptoms:

- Low libido
- Increase in fat mass
- Fatigue
- Insomnia
- Depression
- Reduction in muscle mass and strength

Is Hormone Therapy Right For You?

You probably picked up this pamphlet because something's not right — you just haven't felt like yourself lately.

If you're a woman, maybe it's PMS. Perhaps you are approaching menopause and your hormone levels are starting to change.

If you're a man, maybe you are putting on weight, you have a low libido, or you just don't have the get up and go that you're used to.

In either case, you'd like to find out more about why you feel the way you do and how to feel like yourself again, and more importantly, you would like to do something about it.

You've come to the right place.



For over 30 years, Restore Health has helped thousands of women and men feel like themselves again, restoring their health, vitality, and quality of life with the industry's purest individualized bioidentical hormone therapies.

What are bioidentical hormones?

Bioidentical hormones are a safe and effective, FDA approved class of medications that have been on the market for over 40 years.

Often called natural hormones, they are referred to as bioidentical because their chemical formulas closely resemble that of the steroid sex hormones produced by the human body:

- Estrogen
- Estriol
- Estradiol
- Progesterone
- Testosterone

Other Considerations

Far beyond mere symptom alleviation, bioidentical hormone therapy can play a key role in long-term health and wellness. They can keep you looking and feeling younger. Hormones also assist in prevention of diseases such as osteoporosis, cardiovascular disease, diabetes, and thyroid disorder.



 **RestoreHealth**

To speak to an expert or to find a doctor who is experienced with bioidentical hormones, call us or visit our website:

www.restorehc.com

1.800.558.7046

Three Steps to Hormone Therapy That Works

You've done some research and decided you would like to try hormone therapy — but before you take any pills, apply patches, or rub in creams, you need the answers to some questions. What should you take? How much should you take? When should you take it?

Answering these questions involves **three simple steps**:

1. Get Tested

Measuring your hormone levels before starting hormone therapy is essential for determining your unique hormone profile.

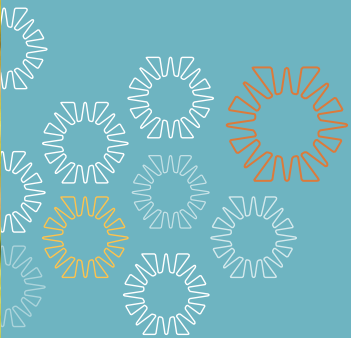
2. Get an Individualized Prescription

Should you choose bioidentical or synthetic hormones? Which dosage form is best for you? Our staff of nurses and pharmacists is here to help you and your healthcare provider understand your options and make those critical decisions.

3. Get Follow-Up

Periodic testing is the most accurate and convenient way to monitor how well your hormone therapy prescription is working, taking the guesswork out of finding where adjustments need to be made.





“The Restore Program provides customized dosing for individual patients, merging the patient’s clinical needs with supporting laboratory data. It’s the future of hormone therapy.”

- Claude Hughes, M.D., Ph.D., Duke University Medical Center



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