PERSONALIZED HORMONE CARE · WOMEN & MEN

Hormone Replacement *Therapy*

Restore what time has changed. Reconnect with your energy, confidence, strength, sleep, and sense of self.

Hormones influence how you feel, function, and age. When hormone levels decline or become imbalanced, the effects can reach far beyond hot flashes or libido. Sleep, mood, cognition, muscle, bone, metabolism, sexual health, and daily vitality may all change. Hormone replacement therapy is designed to restore deficient hormones in a carefully selected, clinically monitored plan.

20+ years

OF HORMONE-THERAPY EXPERIENCE

LED BY DR. ALIONA RUDYS

More than two decades devoted to helping women and men navigate hormone changes with experienced clinical judgment, modern evidence, individualized treatment, and thoughtful long-term monitoring.

WHY HORMONES MATTER

Hormones are chemical messengers that help coordinate systems throughout the body. Estrogen, progesterone, and testosterone interact with the brain, bones, muscles, reproductive tissues, skin, and cardiovascular and metabolic systems.

The goal of treatment is not to chase an arbitrary number or promise eternal youth. It is to match symptoms, history, examination, and appropriate testing with a plan that helps you feel and function more like yourself.

WHAT PERSONALIZED CARE MAY INCLUDE

- A comprehensive symptom, medical, reproductive, and family-history review.
- Targeted laboratory testing and interpretation in clinical context.
- Discussion of treatment options, routes, goals, and personal preferences.
- Ongoing review of symptoms, response, side effects, and safety markers.
- Adjustments over time as your body and health goals evolve.

CHANGES WORTH DISCUSSING

- Persistent fatigue or a noticeable loss of vitality.
- Sleep disruption, night sweats, or waking unrefreshed.
- Mood changes, irritability, anxiety, or reduced motivation.
- Brain fog, forgetfulness, or difficulty concentrating.
- Lower sexual desire, arousal changes, or sexual discomfort.
- Reduced strength, muscle mass, recovery, or exercise capacity.
- Changes in body composition or bone health.
- Hot flashes, temperature swings, or vaginal and urinary symptoms.
- Erectile changes or fewer spontaneous erections.

Feel at home in *your body again*

Modern menopause care can offer meaningful relief while supporting comfort, confidence, and long-term health.

RELIEF	RESTORATION	RESILIENCE
Hot flashes, night sweats, disrupted sleep, and temperature swings.	Vaginal dryness, painful intimacy, urinary discomfort, and reduced sexual well-being.	Protection against menopause-related bone loss and fracture.

SYMPTOMS WOMEN MAY EXPERIENCE

- **Temperature:** hot flashes, night sweats, chills, or sudden warmth.
- **Sleep:** trouble falling asleep, frequent waking, or unrefreshing sleep.
- **Mood and cognition:** irritability, anxiety, low mood, brain fog, or difficulty focusing.
- **Sexual and vaginal health:** dryness, burning, pain with intimacy, reduced arousal, or lower desire.
- **Urinary health:** urgency, discomfort, recurrent infections, or leakage.
- **Physical changes:** joint discomfort, lower energy, changes in muscle, skin, hair, or body composition.

EVIDENCE-SUPPORTED BENEFITS

- Systemic hormone therapy is the most effective treatment for menopausal hot flashes and night sweats.
- It can improve sleep when sleep disruption is driven by vasomotor symptoms.
- Systemic estrogen prevents bone loss and reduces fracture risk while it is used.
- Local vaginal estrogen is highly effective for vaginal and urinary symptoms with minimal systemic absorption.

A MODERN VIEW OF BREAST-CANCER RISK

Hormone therapy should not be reduced to the frightening statement that it simply "causes breast cancer." Modern interpretation recognizes that risk differs by the specific hormones used, whether a woman has a uterus, treatment duration, age at initiation, and her individual health and family history.

- **Estrogen alone:** in the WHI randomized trial of women who had undergone hysterectomy, estrogen alone was not associated with an increased risk of invasive breast cancer during the intervention; longer follow-up found fewer breast-cancer diagnoses and deaths.
- **Estrogen plus a progestogen:** some combined regimens are associated with a small increase in breast-cancer risk after several years. The absolute increase is small for many healthy women, but it is real and deserves an individualized conversation.
- **Timing matters:** for most healthy, symptomatic women younger than 60 or within 10 years of menopause onset, major societies conclude that the benefit-risk balance is generally favorable.
- **Personalization matters:** prior breast cancer, unexplained bleeding, clotting history, stroke, liver disease, and other factors may change the safest choice.

THE REASSURING TRUTH

Many women are appropriate candidates for hormone therapy. The goal is not fear or one-size-fits-all prescribing — it is the right therapy, for the right woman, at the right time, with thoughtful follow-up.

TESTOSTERONE THERAPY FOR MEN

Strength, drive, and *vitality — reconsidered*

For men with consistent symptoms and confirmed testosterone deficiency, treatment may restore important aspects of health and quality of life.

POSSIBLE SIGNS OF LOW TESTOSTERONE

- Reduced sexual desire or fewer spontaneous erections.
- Erectile changes.
- Low energy, reduced motivation, or depressed mood.
- Difficulty concentrating or increased irritability.
- Loss of muscle mass, strength, or exercise recovery.
- Increased body fat.
- Reduced facial or body hair.
- Low bone density, fracture, or unexplained anemia.
- Hot flashes when testosterone is very low.

BENEFITS THAT MAY BE POSSIBLE

- **Sexual health:** improvement in low libido and, for some men, erectile function.
- **Body composition:** increased lean body mass; changes in strength and physical function vary.
- **Blood and bone:** improvement in anemia and bone mineral density in appropriately selected men.
- **Mood and vitality:** some men report improved energy, motivation, or depressive symptoms, although response is individual.

DIAGNOSIS COMES BEFORE TREATMENT

Symptoms can overlap with sleep apnea, thyroid disease, depression, medication effects, obesity, overtraining, undernutrition, and other medical conditions. Evidence-based testosterone therapy begins with compatible symptoms plus consistently low morning testosterone levels and an evaluation for the cause.

MONITORING PROTECTS THE BENEFIT

- Testosterone level and symptom response.
- Blood count and hematocrit, because testosterone can raise red blood cells.
- Blood pressure, which may increase with testosterone products.
- Prostate symptoms and PSA when appropriate.
- Sleep apnea, acne, breast tenderness, swelling, and other side effects.
- Fertility plans — testosterone can markedly reduce sperm production.

IMPORTANT DISTINCTION

Testosterone replacement is treatment for confirmed hypogonadism — **not a bodybuilding drug or a shortcut for normal aging.** When diagnosis, dosing, and follow-up are done carefully, the goal is physiologic restoration and meaningful symptom improvement.

Experienced care. Modern evidence. *A plan made for you.*

Hormone therapy is most powerful when it is precise, monitored, and connected to the rest of your health.

01	02	03	04
Listen	**Evaluate**	**Personalize**	**Refine**
We begin with your symptoms, priorities, health history, reproductive goals, and the changes you want to understand.	Your clinician reviews appropriate laboratory data, medications, risks, and other possible causes of symptoms.	If treatment is appropriate, the hormone, route, and follow-up plan are selected around your biology and preferences.	Symptoms, safety markers, and quality-of-life goals are followed over time so care can evolve with you.

WHEN EXTRA CAUTION IS NEEDED

Hormone therapy is not appropriate for everyone. Your clinician will review cancer history, unexplained bleeding, cardiovascular and clotting history, liver disease, pregnancy potential, prostate health, blood count, blood pressure, sleep apnea, and fertility goals as relevant.

YOUR CONSULTATION

- Bring a current medication and supplement list.
- Share prior hormone use and your response.
- Bring relevant laboratory, imaging, and screening results.
- Tell us about fertility goals and personal or family cancer history.

WHEN TO CALL

Call promptly for new vaginal bleeding after menopause, a breast change, severe headache, significant mood change, urinary obstruction, or concerning side effects. **Seek urgent care** for chest pain, sudden shortness of breath, one-sided leg swelling, stroke symptoms, or a severe allergic reaction.

RESEARCH & TRUSTED GUIDANCE

1. The Menopause Society. 2022 Hormone Therapy Position Statement. Open source
2. ACOG. Hormone Therapy for Menopause. Open source
3. U.S. FDA. 2026 Menopausal Hormone Therapy labeling changes. Open source
4. WHI long-term follow-up: hormone therapy and breast-cancer incidence and mortality. Open source
5. Endocrine Society. Testosterone Therapy Guideline. Open source
6. American Urological Association. Testosterone Deficiency Guideline. Open source
7. U.S. FDA. 2025 testosterone labeling update. Open source

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