



Article Side

Analyzing Bioidentical Hormone Replacement Therapy for Hormone Imbalance by [Jennifer West](#)

Article published on April 18th 2012 | [Health](#)

During menopause, a woman's ovaries stop producing eggs and her monthly menstruation ends. This is an ordinary part of a woman's life, happening between ages 45 and 55. The moment menopause is accomplished and the woman has not had her menstruation for a year, it means she can't give birth anymore.

During menopause, the ovaries stop generating estrogen and progesterone, which are hormones that manage a lot of the body's different functions. Any imbalance-- including the production of more estrogen than progesterone or vice versa-- may trigger adverse signs and symptoms. Besides, women are recommended to go through medical treatments to supplement the body with adequate levels of these two hormones. One technique to think of is bioidentical hormone replacement therapy (BHRT).

Bioidentical hormone replacement therapy entails the use of supplemental doses of hormones that have a chemical structure similar to natural human body hormones. It is precisely produced to address signs of menopause, peri-menopause, and post-menopause. While bioidentical hormones are potent substances that deliver a host of benefits, they also come with specific risks.

Some of the risks and probable side-effects of BHRT feature a slightly raised danger of breast cancer, ovarian cancer, heart attack, blood clots, and stroke. Those who follow the treatment are advised to pursue professional guidance first before proceeding. It is also sensible to go through a hormone imbalance exam in advance as an excess of hormones in the body can result in misery.

Bio identical hormone replacement therapy procedures are administered with a cream or suppository. BHRT can also be taken by mouth or through injection. There is also pellet therapy, which entails administering the hormones in pellet form. These pellets resemble grains of rice, and are placed right underneath the skin to give consistent relief in a span of 4 to 6 months. Pellet therapy demands revisits 2 to 3 times a year. It depends on you on how you prefer to take the hormones.

Picking a specialist who delivers bioidentical hormone replacement demands patience and effort. Ask for recommendations from general practitioners or do a quick search online to have a list of credible doctors in your vicinity. Take time to go to doctors personally to get a good feel of their services.

Accepting hormone imbalance can make you freak out. Its unfavorable consequences--anxiety, mood swings, and depression--can take its toll on both you and your loved ones. If you're curious about knowing more regarding bioidentical hormone replacement therapy, visit Menopause.org for more comprehensive information related to the matter.

Article Source:

<http://www.articleside.com/health-articles/analyzing-bioidentical-hormone-replacement-therapy-for-hormone-imbalance.htm> - [Article Side](#)

[Jennifer West](#) - About Author:

For more details, search a [Bio identical hormone replacement therapy](#) , a [bioidentical hormone replacement](#) and a [bioidentical hormone replacement therapy](#) in Google for related information.

Article Keywords:

bio identical hormone replacement therapy, bioidentical hormone replacement, bioidentical hormone replacement therapy

You can find more [free articles](#) on [Article Side](#). Sign up today and share your knowledge to the community! It is completely FREE!