



ReGenesis



MENOPAUSE MAKEOVER

MANAGING THROUGH CHANGE

HANDBOOK

Empower women through their menopausal journey with our clinic's personalized Bioidentical Hormone Replacement Therapy (BHRT). Relieve symptoms and restore vitality for a balanced and fulfilling life.

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Discover a renewed sense of well-being with ReGenesis Medical Clinic's holistic approach to women's health during menopause. Our Bioidentical Hormone Replacement Therapy (BHRT) offers personalized solutions to alleviate symptoms including hot flashes, mood swings, fatigue and more. We believe in empowering women to embrace this transformative phase with confidence, by providing individualized BHRT treatment plans designed to restore hormonal balance and enhance overall vitality. Let ReGenesis guide you through menopause, ensuring a journey marked by resilience and rejuvenation.

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EMBRACE CHANGE



You are not alone!

Every woman goes through "The Change" —it's a shared and natural part of life's journey.

Menopause is a natural biological process that marks the end of a woman's reproductive years. While it is a universal experience, the symptoms and challenges associated with menopause can vary greatly among individuals. One approach gaining popularity in the management of menopausal symptoms is the use of bio-identical hormones. Specifically, the use of estradiol and micronized progesterone. In this blog post, we will explore the benefits of incorporating these bio-identical hormones into menopause management and how they contribute to the improvement of women's health and quality of life.

Discover the advantages of integrating these hormones into menopause management, backed by ReGenesis and our specially trained providers, we are your trusted source for personalized treatment options. Explore how these bio-identical optimization contribute to enhanced women's health and an improved quality of life.

UNDERSTANDING MENOPAUSE

Menopause is clinically defined as the permanent cessation of menstruation and fertility, marking the end of a woman's reproductive years. It is a natural biological process typically occurring around the age of 45 to 55, characterized by a decline in ovarian function and a significant decrease in the production of reproductive hormones, particularly estrogen and progesterone. The diagnosis is confirmed when a woman has not experienced menstruation for 12 consecutive months, signifying the completion of the menopausal transition. Symptoms such as hot flashes, mood swings, and changes in bone density are common during this phase, necessitating medical attention for symptom management and overall well-being.

It's important for women to understand that menopause is a unique journey, and experiences vary widely.

Embracing this transition with knowledge empowers women to navigate it more confidently. At ReGenesis, we recognize the individuality of each woman's menopausal experience. Our goal is to provide insight and support tailored to your specific needs, ensuring a smoother journey through this transformative phase and enhancing your overall well-being.

Menopause is a unique journey!



HOW IS QUALITY OF LIFE IMPACTED BY **MENOPAUSE?**

Embarking on the menopausal journey involves navigating through a series of transformative experiences that can greatly impact your well-being.



Hot Flashes & Night Sweats

Sudden and intense feelings of heat, often accompanied by sweating, can disrupt sleep and daily activities, affecting overall well-being.



Mood Swings & Emotional Changes

Hormonal fluctuations during menopause can contribute to mood swings, irritability, and feelings of sadness or anxiety, impacting emotional health.



Sleep Disturbances

Changes in hormone levels may lead to difficulties in falling asleep or staying asleep, contributing to fatigue and affecting both physical and mental well-being.



Bone Health Concerns

Menopausal hormonal changes can increase the risk of bone density loss, impacting overall skeletal health and posing potential challenges to a woman's well-being. Regular bone health assessments and interventions are crucial during this phase.

CLINICAL EVALUATION FOR A MENOPAUSE DIAGNOSIS

Diagnosing menopause involves a systematic approach, including clinical evaluation, blood work, and follow-up processes. To determine if a woman is in menopause, healthcare providers conduct a thorough clinical evaluation.

01

Patient History

Understanding the patient's menstrual and reproductive history, along with assessing menopausal symptoms, provides valuable insights.

02

Physical Examination

When indicated, a pelvic and breast exam, coupled with a general health assessment, helps rule out other potential health issues.

03

Laboratory Tests

Comprehensive blood work is often required to confirm a diagnosis of menopause. This includes a complete assessment of the client's hormone levels and a blood analysis.

04

Diagnostic Tests

The need for diagnostic testing is determined on a case by case bases. These tests are often used to complement a diagnosis and can include a pelvic ultrasound, mammogram or bone scan.

05

Establishing A Diagnosis

Based on the results of your history, exam, lab findings and diagnostic finding, your provider will establish a diagnosis of menopause. If this diagnosis cannot be established, additional testing may be required.

BIO-IDENTICAL HORMONES

A NATURAL APPROACH

Bio-identical hormones, such as estradiol and micronized progesterone, closely mimic the molecular structure of hormones naturally produced by the body. This stands in contrast to synthetic hormones that may have slightly different structures. The use of bio-identical hormones is gaining traction as an alternative to traditional hormone replacement therapy (HRT) due to the perception that they offer a more natural and tailored approach to addressing menopausal symptoms.



Benefits of Estradiol

Estradiol, a form of estrogen, plays a crucial role in maintaining various bodily functions. When administered as part of menopause management, estradiol can significantly alleviate symptoms such as hot flashes and vaginal dryness. Additionally, it helps prevent the bone loss that often accompanies menopause, reducing the risk of osteoporosis. By restoring hormonal balance, estradiol contributes to a sense of well-being and vitality in women during this transitional phase.

Micronized Progesterone: Balancing Hormones

Progesterone is another key hormone that decreases during menopause. Micronized progesterone, derived from a plant source, is structurally identical to the progesterone produced in a woman's body. Unlike synthetic progestins, micronized progesterone does not carry the same risk of adverse effects. When combined with estradiol in hormone replacement therapy, micronized progesterone helps balance hormonal levels, mitigating the risk of endometrial hyperplasia and uterine cancer.



IMPROVING QUALITY OF LIFE

The use of bio-identical hormones in menopause management has been associated with a range of positive outcomes, ultimately contributing to an improved quality of life for women. Some of the key benefits



Symptom Relief

Bio-identical hormones effectively alleviate common menopausal symptoms, including hot flashes, night sweats, mood swings, and sleep disturbances.



Bone Health

Estradiol helps maintain bone density, reducing the risk of fractures and osteoporosis in postmenopausal women.



Cardiovascular Health

Hormone replacement therapy with bio-identical hormones may contribute to cardiovascular health by improving lipid profiles and reducing the risk of heart disease.



Vaginal Health

Hormonal imbalances during menopause can lead to vaginal dryness and discomfort. Bio-identical hormones help restore moisture and maintain the health of the vaginal tissues.



Mental Well-being

Hormonal fluctuations can impact mood and cognitive function. By restoring hormonal balance, bio-identical hormones may contribute to enhanced mental well-being and cognitive function.

REGENESIS TREATMENTS

1. Bio-Identical Hormone Replacement Therapy

At ReGenesis, we approached the treatment and management of menopause through the lens of Bio-identical Hormone Replacement Therapy (BHRT). Through our in-depth understanding of the use of bio-identical hormone replacement, our expert clinical team are able to assess, diagnosis and develop an individualized approach to the management of your specific menopausal symptoms. Drawing on a synthesis of current research findings and clinical experiences, we customize a treatment plan that optimizes your health and quality of life every step of the way.

2. Alma Duo For Urinary Incontinence and Improved Sexual Pleasure

The Alma Duo machine emerges as a transformative solution in the realm of women's sexual health, offering a multifaceted approach to improve overall well-being. This advanced device combines cutting-edge technologies, such as radiofrequency and ultrasound, to address a range of intimate concerns, including vaginal laxity and urinary incontinence. By stimulating collagen production and enhancing blood flow, the Alma Duo fosters tissue rejuvenation and heightened sensitivity, ultimately contributing to improved sexual satisfaction and overall quality of life. The device uses gold standard, Health Canada approved, focused low-intensity extracorporeal shock wave therapy (LI-ESWT).



ARE YOU

holiday

READY?



PLEASE NOTE

CLINIC CLOSED DEC. 23–JAN 3.

Anyone requiring prescription renewals, must contact the office on or before Dec. 21 to ensure we are able to meet your needs.

Email, phone calls, text messages will not be responded to until Jan. 3, when the clinic reopens.

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