THE HEAG PAIN MANAGEMENT CENTER, P.A.

PATIENT INFORMATION

Improve Function. Restore Purpose.

Bioidentical Hormone Replacement Therapy

Personalized, physician-guided care for hormone deficiency



Hormone levels change with age, menopause, and certain medical conditions. When levels drop too low, you may notice symptoms that affect your energy, sleep, mood, and quality of life. At The HEAG Pain Management Center, our physicians evaluate your symptoms and lab results and, when appropriate, discuss bioidentical hormones, which have the same chemical structure as the hormones your body makes. FDA-approved bioidentical options are available, and we review every choice with you. [1]

Lab-Guided
Treatment based on your blood work

Individualized
A plan built for your needs

Physician Monitored
Regular follow-up and adjustment

Signs of hormone deficiency

- Fatigue or low energy
- Hot flashes or night sweats
- Trouble sleeping
- Mood changes, irritability, or anxiety
- Low libido
- Brain fog or poor concentration
- Loss of muscle strength or weight gain

What to expect

1. **Consultation.** We review your symptoms, health history, and current medications.
2. **Lab testing.** Blood work measures your hormone levels.
3. **Your treatment plan.** Your physician explains options, benefits, and risks so you can decide together.
4. **Ongoing monitoring.** Follow-up visits and labs keep your dose safe and effective.

Important safety information

Hormone therapy is not right for everyone. Like all hormone treatments, it carries risks that may include blood clots, stroke, gallbladder disease, and, with age or long-term use, heart disease or breast cancer. [2] Many products marketed as "bioidentical" are custom-compounded and are not FDA-approved; the FDA has no evidence that they are safer or more effective than FDA-approved hormones. [3] Tell your physician if you have a history of breast or uterine cancer, blood clots, stroke, heart disease, or liver disease.

Ask about a hormone evaluation

Call (919) 220-0107

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[1] Mayo Clinic: https://www.mayoclinic.org/diseases-conditions/menopause/expert-answers/bioidentical-hormones/faq-20058460 [2] Cleveland Clinic: https://my.clevelandclinic.org/health/treatments/15660-bioidentical-hormones [3] U.S. FDA: https://www.fda.gov/media/130242/download

This flyer is for general information and does not replace medical advice.