Women's Health Team

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Find out more about our Women's Wellness Program including Mammography, DEXA-Scan, Gynecological Surgery or FREE Women's Health Screenings call 725-7101 ext. 139 or log on to www.lincolnhospital.org

The Women's Health Team at Lincoln Hospital & North Basin Medical Clinics works closely with ZRT Laboratory of Beaverton, Oregon, a world leader in BHRT and women's health issues.

They also work closely with local pharmacists & recommend Davenport Good Neighbor Pharmacy for compounding of your bio-identical hormonal supplements.

For even more information on BHRT, log on to www.salivatest.com or www.lincolnhospital.com

Lincoln Hospital Dist. 3

Neighbors for Life

YOUR GUIDE TO

Menopause Management & B-HRT

Lincoln Hospital

(509) 725-7501

Combat hot flashes & mood swings — just spit!

Breakthrough in Menopause Management

Management of menopausal symptoms with conventional hormone replacement therapy has become a real medical mess. Many clinical trials and studies have been done — the latest showing that synthetic hormones may do more harm than good. So what's a gal with hot flashes, cold feet and mood swings to do?

Spit! That's right, women with pre and menopausal symptoms can now look to saliva testing and Bio-identical Hormone Replacement Therapy (BHRT) for answers.

It sounds odd, but there is good research out there to show that there are alternative ways to test hormonal balance and you can now get safer and more effective hormone replacements through Bio-Identical HRT.

What is Bio-Identical HRT?

For years, medical science prescribed synthetic (man made) forms of the hormone estrogen and progestin because it was all that was available. Healthcare providers are now finding out they can make these to be biologically identical to the estrogen and progesterone that an individual person has in their body. These bio-identical supplements are working safely with few, if any, side effects and **women are getting relief because the hormones are biologically identical to those produced by their own body.**

And remember, this is not only for peri-menopausal women. Men and women of any age who have sudden emotional changes, sleep and hair loss, irritability, hot flashes, pain, headaches, skin changes or just feel their hormones may be out of balance can benefit from saliva testing and Bio-Identical Hormone Replacement Therapy.

How does saliva testing work?

In the past, blood draws were the only tests available for measuring hormonal levels. Although those can still be used, saliva is another very accurate hormonal indicator. It's much less expensive than blood to collect and is non-invasive (no needles!).

Yes, this is controversial, but many of the healthcare providers here at Lincoln Hospital have read the studies and feel confident that this is a legitimate way to monitor hormone levels. It's also covered by most insurance companies.

What are the symptoms?

Check which of these symptoms are *troublesome* and *persist over time*. Two or more symptoms are an indication you may need to find out your hormone levels.

- ❒ Hot Flashes
- ❒ Mood Swings (PMS)
- ❒ Heart Palpitations
- ❒ Tender Breasts
- ❒ Vaginal Dryness
- ❒ Heavy Menses
- ❒ Sleep Disturbances
- ❒ Memory Lapses
- ❒ Sugar Craving
- ❒ Bleeding Changes
- ❒ Fibrocystic breasts
- ❒ Decreased Libido
- ❒ Water Retention
- ❒ High Triglycerides
- ❒ Cold Body Temperature
- ❒ Night Sweats
- ❒ Cystic Ovaries
- ❒ Headaches
- ❒ Foggy Thinking
- ❒ Nervous
- ❒ Irritable
- ❒ Tearful
- ❒ Anxiousness
- ❒ Depressed
- ❒ Uterine Fibroids
- ❒ Bone Loss
- ❒ Weight Gain
- ❒ Incontinence

Where do I get a saliva test & where do I take my results?

You can get a saliva test kit from any of our Women's Healthcare Team. Kits are usually covered by insurance and results will be mailed to you and your healthcare provider. They will contact you for a follow up appointment.

For ladies with no insurance, it's less expensive to purchase the saliva kit at the Davenport Pharmacy. Follow the directions on the test and send the saliva sample to the address on the testing kit. Your results will be mailed directly to you. Once you have your results, bring them to a member of our women's health team and they will get on the case.