

A Better Way to Better Health and Optimal Aging!



DR. RANDOLPH'S
AGELESS & WELLNESS
MEDICAL CENTER



Ageless & Wellness News

Volume 4, Number 3

Dr. Randolph's ongoing mission to provide better hormone health -- for everyone -- continues! If you know someone who needs hormone expertise that they cannot find locally, or someone who lives too far away to become a regular patient of our medical practice, pass along the link to our **Personal Hormone Tele-Consultations**. Our **Basic Hormone Self-Test Kit**, which includes a phone consultation with one of our clinicians, is **20% off during the month of February!**

You may have noticed a change to our layout. Nearly 60% of our readers open our newsletter on a mobile phone, so we're streamlining our look to make it more mobile-friendly. Additional changes are in the works for next month. Let us know what you think!

Can Progesterone Protect You from Heart Disease?

You may have heard that after women enter menopause, their risk of heart disease rises sharply. Why? Mainstream medical thinking has pointed to the significant drop in estrogen as a possible cause for an increase in LDL (the "bad" cholesterol) and decrease in HDL (the



"good cholesterol). For many years it was believed that estrogen was the key to heart health -- but newer research shows that estrogen is only one part of the picture. We now know that increasing estrogen alone actually works **against** heart health, while balancing estrogen with progesterone **improves** heart health. Other hormones also play a role: testosterone has notable cardiovascular benefits, including the ability to lower "bad" cholesterol and reduce platelet "stickiness." Thyroid hormone imbalance is

also strongly correlated with heart health; hypertension is often found in patients with thyroid deficiency.

Nearly 25 million women world wide enter menopause each year, and heart disease is the number one killer of women in America. Finding treatments that can make a difference in fighting heart disease is critical! Research shows that for women on a hormone replacement regimen that includes both estrogen and *bioidentical* progesterone, the use of progesterone actually serves to reduce coronary vascular activity. **READ MORE to learn how bioidentical progesterone (and other hormones) have a cardio-protective effect on the body...**

What's New Behind the Pharmacist's Counter?

Valentine's Day is coming soon! Want to know how to enhance your romantic experience? At Dr. Randolph's Ageless & Wellness Medical Center, we believe that sexual vitality is important for quality of life. Dr. Randolph's Pharmacy offers several sexual vitality products:



Oxytocin Nasal Spray: Recent research suggests that oxytocin plays a role in women's sexual arousal, lubrication, and enhancing orgasm. A nasal spray is the quickest and most effective method for increasing circulating blood levels of oxytocin.

StimuLotion Cream: When applied to the clitoris or external genitalia, this cream increases blood flow and has been reported to improve sensitivity and rates of orgasm. This synergistic compounded combination includes one bronchodilator and four vasodilators to create effective sexual stimulation.

Sublingual Sildenafil: When applied "under the tongue," Sildenafil is safe and effective in the treatment of erectile dysfunction. Sublingual administration has some advantages as it is not affected by food ingestion and quickly appears in the circulation. These advantages provide a faster onset of action with a lower dose when compared to oral sildenafil.

Call the Pharmacy at 904.746.3046, or stop by our Jacksonville Beach location for more information!



Looking for a Speaker for Your Next Event?

If you are a member of an association, club, or employee group that would like to learn more about hormones and healthy aging, let us know! Jenifer S. George, ARNP, MSN, FNP-BC is available for speaking engagements. Call 904-249-3743 and ask for Victoria Galler, or email vgaller@cwrandolph.com for more information. Minimum of 10 attendees required.

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