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Part II:

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#WearTeal

Special
Promotion for
Our Newsletter
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DR. RANDOLPH'S
WELLNESS STORE

September is
Digestive Health
Month!
Check out our "Daily
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maintaining optimal
digestive health,
and our "Digestive
Repair" for resolving
problems.
[Wellness Store](#)

Ageless & Wellness News

Volume 2, Number 17

Dear Ageless & Wellness,



"Hormone balance is a process, not a fixed state. What works to balance your hormones in your 30s and early 40s might not work as you approach your late 40s and early 50s. Your hormones will continue to shift and decline with age."
-- C.W. Randolph, Jr. M.D.

We had a great response to our recent "Hormone Story" on Progesterone! It helps to get back to the basics: what are hormones, exactly? How do they work? **This month we continue our "Hormone Story" series with, Part II: Testosterone.**

Special Savings for Better Digestive Health! Most people at some time suffer from common gastrointestinal problems, such as nausea, bloating, heartburn, and constipation. To help you resolve and maintain a healthy digestive system, we are offering a "Daily Digest" pack, and a "Digestive Repair" pack to resolve problems. Visit the [Wellness Store](#) online or in Jax Beach, FL for more information!

Continue the conversation with us!



*Offer expires
midnight EST,
Sept. 30, 2015

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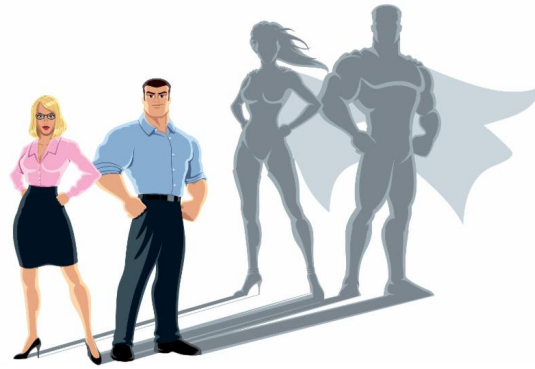


Naturally
supports healthy
testosterone
levels for men.

The Hormone Story, Part II: Testosterone

What is testosterone?

Testosterone is the best-known of a group of sex hormones called "androgens," which also includes DHEA. We tend to think of testosterone as the "male hormone,"



and indeed it is the primary hormone responsible for male physical and sexual development. However, women require testosterone, as well, to maintain healthy mood, sex drive, and healthy muscles and bones: the difference is in the quantity. Women naturally produce 0.25 milligrams of testosterone daily, while men may produce 4 to 7 milligrams: ten to forty times that amount! In women, testosterone is produced in the ovaries and adrenal glands, and in men, it is produced in the testes and adrenal glands. Women and men both reach their peak of testosterone levels in their 20s, and thereafter levels drop approximately one percent a year. With optimal levels of testosterone, both men and women benefit from increased energy, reduced fat, healthy libido, and a protective effect on the heart and blood vessels. The key is finding and carefully maintaining the optimal amount!

Symptoms of **low testosterone** in women can be caused by an increase in a hormone called "sex-hormone binding globulin" (SHBG), which tends to rise as you age due to increasing estrogen levels. As SHBG levels rise, the proteins in this hormone "bind" to the free testosterone circulating in your bloodstream, effectively limiting the amount available for use in the body. This is called "relative testosterone deficiency." Higher SHBG can also be caused by birth control pills, which are made from synthetic hormones. The solution for any testosterone deficiency is careful treatment with bioidentical testosterone to bring your levels back in balance.

What is **andropause**? TV commercials for "low T" have finally made andropause, "the male menopause," a household name. Unlike women, men do not have an obvious signal like the end of menstruation to indicate that their hormone levels have shifted. Andropause emerges more subtly. Typically, for a man in his forties, production of testosterone, DHEA, and progesterone begin to decline. Symptoms of men's hormone imbalance almost always include fatigue, apathy, low libido, and some degree of erectile dysfunction. Other symptoms can include weight gain, lethargy or extreme fatigue, urinary problems, decreased physical agility, decreased mental acuity, and depression. Andropause is not a "new" condition--it was

***Dr. Randolph's
Pharmacy &
Wellness Store***

**8am-6pm Mon-Fri
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904-249-4372
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Dr. Randolph



Click [HERE](#) to learn more about Dr. Randolph and our team of clinicians!

September is
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Awareness
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observed and described in medical literature in the 1940s. Awareness of andropause is now much more prevalent--and it is no longer taboo for men to discuss their own challenges with hormonal shifts.

The best approach for problems with testosterone levels is to have your hormone levels checked with a simple blood test. Hormone balance is intricate endocrinology, and sometimes there are several hormone imbalances at play! Our clinicians will evaluate your health and lifestyle issues, check and carefully monitor your hormone levels, and write prescriptions for exactly the hormones your body needs. Each formulation is compounded at our on-site pharmacy and can be picked up or shipped as needed.

NEXT ISSUE: The Hormone Story, Part III: Estrogen

Ovarian Cancer Awareness: #WearTeal

Our team showed support for Ovarian Cancer Awareness Month by participating in Wear Teal Day on Friday, Sept. 5th!

Dr. Randolph and our entire team are proud to raise awareness so that other families might be saved through early detection and research for a cure.

To learn more about the signs and symptoms of ovarian cancer, and how you can support the cause, check out these links:

Ovarian Cancer National Alliance:

www.ovariancancer.org

National Ovarian Cancer Coalition:

www.ovarian.org

Ovarian Cancer Research Fund:

www.ocrf.org



Please let us know how we can help you on your path to optimal aging and wellness!



#WearTeal
Support the Cause

To Your Health,

Dr. Randolph

Ageless & Wellness Medical Center
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