



DR. RANDOLPH'S
AGELESS & WELLNESS
MEDICAL CENTER



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Personalized
Hormone Tele-
Consultations



Struggling with symptoms such as weight gain, irritability, fatigue, depression, and low libido? Need quick and private expertise that you cannot find locally? We now offer

Ageless & Wellness News

Volume 3, Number 3

Dear Ageless and Wellness,



"...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."

-- C.W. Randolph, Jr. M.D.

You already know that BHRT can help with weight gain, irritability, fatigue, hot flashes, depression, and low libido. But did you know that it can also improve your cardiovascular health? Read on to learn how bioidentical progesterone can "Pump Up Your Heart Health"!

Save 20% on our Basic Hormone Tele-Consultation Kit this month ONLY at the [Wellness Store Online!](#)

We'd love to stay in touch with you!



Pump Up Your Heart Health with BHRT

personalized
"Hormone Tele-
Consultations."

[Kits now available
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February
Special!



**Save 20% on our
Basic Hormone
Tele-Consultation
Kit!** This kit tests:

Estradiol,
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Testosterone,
DHEA, and Cortisol.
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minute consultation
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well as personalized
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Dr. Randolph

Menopause impacts 25 million women world wide each year, and the World Health Organization estimates 1.2 billion women will be postmenopausal by 2030! 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 (sometime called the "bad" cholesterol) and drop 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. Increasing estrogen alone actually works against heart health, but balancing it with progesterone makes a difference! Other hormones also play a role in improving heart health. Testosterone has cardiovascular benefits, including the ability to lower bad cholesterol and reduce platelet "stickiness." Thyroid balance is also strongly correlated with heart health. Hypertension is often found in patients with thyroid deficiency.

Heart disease is the number one killer of women in America, so finding treatments that can make a difference is critical. In addition to relieving many symptoms of menopausal hormone imbalance, bioidentical hormone replacement therapy (BHRT) is also good for heart health! 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.** In other words, bioidentical progesterone has a cardio-protective effect on the body!

One way that progesterone protects the heart is its ability to reduce high blood pressure. During pregnancy, high levels of progesterone protect against the constriction of blood vessels. Hyperactivity of the blood vessels can cause development of strokes and heart attacks. One [study](#) directly compared the effect of estrogens + bioidentical progesterone vs. estrogen + synthetic progestins on a marker of heart health in women with established coronary artery disease or previous myocardial infarction (or both). Results showed that the bioidentical progesterone improved patients' blood flow on a treadmill test (measured as "increased exercise time to myocardial ischemia"), whereas the synthetic progestin did not. Another recent [study](#), published in 2013, followed 75 peri- and post-menopausal women who were given bioidentical estrogen, progesterone, DHEA, and testosterone, at levels adjusted for each participant, over the course of three years. Results showed that, among other benefits, "...cardiovascular biomarkers, inflammatory factors, immune signaling factors, and health outcomes were favorably impacted."



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

Dr. Randolph's Pharmacy & Wellness Store

8am-6pm Mon-Fri
9am-2pm Saturday

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Jacksonville Bch, FL
32250

Pharmacy:
904-746-3046
rx@cwrandolph.com

Wellness Store:
904-249-4372
medshop@cwrandolph.com

If you are concerned about heart health, remember that ***maintaining lifelong hormone balance is vital in the prevention of cardiovascular disease!***

Our Website: Revised & Updated! Now Includes "Patient Portal"

We invite you to visit our newly revised and updated practice website at www.agelessandwellness.com! There are several new and updated features:

- **Patient Portal**, a private online access feature that allows current patients to access labwork results, schedule appointments, and more! (Sign up by clicking the button in the upper right-hand corner or [HERE!](#))
- Watch our videos, follow our blog, find newsletter archives, and learn more about our clinicians by clicking the tab "Our Practice."
- Download our brochure and sign up for our newsletter right on the home page! (See bottom right)
- Visit our "Guides to Hormone Health" for women and men by clicking the tab "Services for Women," or "Services for Men."
- Find all our patient forms for New and Established patients under the "Patient Forms" tab.
- See our Wellness Store hours and contact information, as well as a direct link to our online store under "Wellness Store" tab.

As always, let us know what you think!
Email us at newsletter@cwrandolph.com

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

To Your Health,

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