



DR. RANDOLPH'S  
AGELESS & WELLNESS  
MEDICAL CENTER

### **What is BHRT?**

Bioidentical hormone replacement therapy, or BHRT, is a treatment for hormone imbalance that restores your deficient hormone levels. Women with hormone imbalance suffer from symptoms such as hot flashes, night sweats, weight gain, brain fog, moodiness, worsened PMS, bloating, headaches, depression, fatigue, low libido (sex drive) and decreased sexual pleasure. Men with hormone imbalance experience symptoms such as low libido (sex drive), difficulty with erection, fatigue, depression, low mood, loss of muscle mass, and mid-section weight gain.

### **What hormones are replaced with BHRT?**

The hormones typically replaced with BHRT are estrogen, progesterone, testosterone, and DHEA.

### **Why choose BHRT and not synthetic hormones?**

Bioidentical hormones are derived from a plant molecule and then synthesized in a lab to be identical to naturally produced hormones. These hormones have the exact molecular structure and duplicate the exact same function as the hormones made by your body. Synthetic hormones do not have the same molecular structure as the hormones your body makes.

### **Is BHRT safe?**

Bioidentical hormones are safe because, like your own hormones, they fit perfectly into the hormone receptor cells in your body where they do their work. The term that describes how hormones fit into receptor sites (like a key fits into a lock) is called "relative binding affinity," or RBA. Bioidentical progesterone, for example, has an RBA of 100%, while synthetic progesterone has an RBA of only 78%. Synthetic hormones confuse the body's receptor sites and create a negative and defensive immune response.

### **How is BHRT prescribed?**

BHRT is prescribed using compounded medications. You can typically choose from several "delivery methods," or dosage options:

- capsules or tablets you take by mouth
- oils
- creams or gels that you apply to your skin
- injections or shots (in-office)
- slow-release pellets that are put under the skin (in-office)