

## POST MENOPAUSE BLUES

Sharada Sinha (name changed), 46, is an independent businesswoman whose regular and stable routine, in recent days, has started getting interrupted by an irregular menstrual cycle. She also started experiencing new symptoms that changed from month to month like tenderness of breasts, heavy periods with blood clots one month and a relatively problem-free, light period the next

Simultaneously, she started ex-

### HORMONE REPLACEMENT

periencing mood swings accompanied by depression and anxiety, often without any reason or external causes. Her vitality would be down and she would feel tired very fast. Her external appearance also started changing. Her face became pale and her hair started thinning at the top of the skull. Small vertical wrinkles began to appear above her lips and crow's feet started to develop at the corner of her eyes.

She accepted symptoms like hot flashes, night sweats, forgetfulness, decreased libido and bone pain as normal phenomenon. Upon full investigation, Sharada's problems were identified as typi-



cal of Female Hormone deficiency arising out of Menopause.

After thorough evaluation she was put on Bio Identical Hormone Replacement Therapy (BIHRT) and Nutraceuticals. Today she is as happy and as healthy as she was at the age of 35.

#### What is BIHRT?

"Bio Identical Hormones are de-

rived from Diosgenin, an active ingredient of wild yam and soya. As these are structurally similar to the human hormones they are also known as Human-Identical Hormones or Iso-Molecular Hormones. The similarity allow these hormones to be read by the body as ones own and hence rejuvenate the body with minimal adverse effects," said Dr. Anoop Chaturvedi,

research scientist and, founder of the society of Antiaging Medicine and Research (AMAR), India.

"In today's world the stresses of daily life bring the hormone imbalances in a young age and cause premature aging. BIHRT improves the productive age and is an important tool in the field of anti-aging. Once the imbalances are diagnosed clinically and with laboratory investigations, BIHRT can bring a big positive change in one's life.

BIHRT can be used under supervision at any age through the proper evaluation of hormone deficiency documented with lab investigations," added Dr. Anoop.

Dr. Deepak Chaturvedi, Specialist in Anti-Aging medicine and Co-Founder, AMAR, India confirmed that women spend more than one third of their lives in the menopausal state with complete deficiency of female hormones.

"Women are mistaken when they think that with cessation of menstruation every pleasure of life should cease. They keep on facing the painful symptoms of PMS / Peri-menopause / Menopause as integral components of their life. The fact is that while the menstrual flow may not be reverted back, the other symptoms and complications can be corrected and the woman can lead a healthy, productive and pleasurable life even after menopause," he said

"During menopause a woman goes through a phase of hormonal imbalance. Through investigation it is possible to identify the imbalance and restore the hormonal levels and balance that will help the person lead a healthy and satisfying life. Aging cannot be reversed, but the symptoms of aging can be dealt with information, education and proper medical interventions," added Dr. Deepak. ■

Read

When it comes to eating right and exercising, there is no "I'll start tomorrow." Tomorrow is disease.

— Terri Guillemets