

Do you know the leading causes of death in women?\*

- 1 Heart Disease
- 2 Stroke
- 3 Lung Cancer
- 4 Breast Cancer

Hormone balance plays a leading role in improving your overall health and preventing premature disease. That's why we believe hormone rebalancing is so important.

When considering supplemental hormones, you need to know that not all hormones are created equally. Each has a very different impact on the body.

We can help you learn more about achieving natural hormone balance.

#### WHO WE ARE

Women in Balance (WIB) is a national non-profit association of women, as well as doctors, other health care professionals and organizations dedicated to helping women achieve hormone balance. We educate women and the health care community about hormone imbalance, and its impact on a woman's health and well-being as she ages. We are the only non-profit group focused on addressing these issues for women, without bias or affiliation.

#### FOUNDED

Founded in January 2004, WIB was born out of the desire to be a trusted health resource for women who are experiencing the normal hormonal transitions of perimenopause and menopause. We strongly believe that hormone balance is essential to a woman's overall health and well-being, greatly impacting her longevity and quality of life.

#### WIB MISSION

To empower women to take charge of their hormone health.

Go to [www.womeninbalance.org](http://www.womeninbalance.org) for more educational tools, articles and tips on balancing your hormones naturally.



women in balance

Knowledge is power. Balance is everything.



women in balance

Empowering women to take charge of their hormone health.



Non-profit advocacy for women's hormone health

\*Source: 2004 Centers for Disease Control and Prevention.

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As your body transitions into menopause, you gradually produce less estrogen and progesterone.

The associated hot flashes, mood swings and other symptoms prompt many women to seek hormone therapy.

Today, women are looking for natural alternatives to synthetic pharmaceutical hormone replacement therapy (HRT). And they're finding it in bioidentical hormones.

Over the past decade, women and progressive healthcare providers have used bioidentical hormones with great success — a finding confirmed by several U.S. and European research studies, and by exceptional improvements experienced by women.

To learn more about these studies and natural hormone solutions, visit [www.womeninbalance.org](http://www.womeninbalance.org).

#### SOME SYMPTOMS OF HORMONE IMBALANCE:

Irregular periods	Fatigue	Memory changes
Heavy bleeding	Mood swings	Insomnia
Hot flashes	PMS-type symptoms	Headaches
Night sweats	Anxiety	Vaginal dryness
Skin changes	Depression	Libido changes

#### WHAT ARE BIOIDENTICAL HORMONES?

They start as plant substances. Then they are manufactured to have the same molecular structure as the hormones naturally occurring in your body, so they can produce the same beneficial effects. Bioidentical hormones are available from a physician or a licensed health provider. They can be a regular prescription drug or made specifically for your individual needs by a compounding pharmacy, based on your licensed health provider's written prescription. You can also purchase over-the-counter progesterone cream at natural product retailers.

#### YOUNGER WOMEN AND HORMONE IMBALANCE

Due to environmental, dietary and lifestyle changes in our world, younger women display symptoms of hormone imbalance such as Premenstrual Syndrome (PMS), Premenstrual Dysphoric Disorder (PMDD), Polycystic Ovarian Syndrome (PCOS), uterine fibroids, fibrocystic breasts, belly fat, heavy bleeding, infertility — and more — many years before perimenopause. Diet and lifestyle changes, along with hormone testing and evaluation to identify the imbalance should be considered. Bioidentical hormones may help to correct these earlier imbalances and improve quality of life.

#### FINDING A HEALTH CARE PROVIDER

Bioidentical hormones have been available for over 30 years in this country, but are a relatively new choice for many providers. Many providers are unaware of the information and options available, or with new methods of testing hormone levels. WIB has developed a growing list of providers experienced in rebalancing therapies. To find one near you, visit [www.womeninbalance.org](http://www.womeninbalance.org) and click on *find a health care provider*.

## 10 questions to ask your health care provider

- 1 When can I expect symptoms of perimenopause or menopause, and what might I experience?
- 2 How can I relieve my symptoms?
- 3 Do you test hormone levels (saliva, blood, urine)? Which hormones do you test and why? Do you test thyroid levels (T3 and T4)? Do you consider the balance of estrogen and progesterone when prescribing treatment options?
- 4 What is your philosophy about hormone therapy? What can you tell me about natural or bioidentical hormones, and which do you prescribe?
- 5 If you do prescribe bioidentical hormones, how can we work together to ensure that I am getting a dose that is appropriate for me?
- 6 What are my hormone therapy options and the advantages or disadvantages of each (capsules, topical creams, vaginal creams or suppositories)?
- 7 What are my risk factors for breast cancer, heart disease and osteoporosis, and how can I prevent them?
- 8 When should I get my first bone density scan to detect osteoporosis? How often should I get a mammogram, clinical breast exam and Pap smear? When should I have my cholesterol, triglycerides and vitamin D levels checked?
- 9 Are there foods, nutritional supplements and herbs that can help with symptoms and health problems?
- 10 What types of exercise and lifestyle changes will keep me healthy? How does exercise affect my bones, heart, and overall health?