

## **Bio-identical Hormone Replacement Therapy**

***Specialist Hormone Replacement for a more comfortable, safe, and natural passage through the menopause.***

### **What is Bio-identical Hormone Replacement Therapy?**

Bio-identical Hormone Replacement Therapy (BHRT) offers a natural alternative to the synthetic hormones used in conventional Hormone Replacement Therapy (HRT).

Bio-identical Hormone preparations are derived from plant sources. They have the same chemical structure as naturally produced hormones and precisely mimic their actions and benefits. BHRT can replace depleted hormones, reduce discomfort, and ease your way through the menopause.

Bella Vou offers comprehensive menopause testing, treatment, and care. BHRT is tailored to your individual needs. Only the hormones you are deficient in are replaced. All patients have regular hormone analysis to ensure levels remain optimal to reduce symptoms and maintain wellbeing.

### **Why take Bio-identical HRT?**

The menopause is a natural part of life. However, for many women, hot flushes, emotional changes, brain fog, and night sweats can make it a difficult and distressing time. Men can also suffer at the change of life. The Andropause or Manopause can leave men experiencing mood swings, low energy, and reduced libido.

If the menopause is affecting your physical, emotional, or mental health or impacting on your relationships and sexual function, BHRT can offer a solution. Bio-identical hormones can help with:

- Hot flushes or night sweats
- Low libido
- Fatigue
- Problems with memory and concentration
- Sleep disturbance
- Vaginal dryness and erectile dysfunction
- Headaches
- Mood changes, such as depressed mood or anxiety
- Joint stiffness, aches, and pains
- Hair loss and skin changes
- Reduced muscle mass
- Cystitis

If you are worried about taking traditional HRT or you have struggled with side-effects from medication, BHRT can be an effective alternative.

## **What happens in your BHRT consultation?**

The doctor will take a medical history, ask about your symptoms, your health, and your lifestyle. They will arrange baseline tests, including detailed blood analysis, to check for hormone levels.

The experienced doctors can usually diagnose the menopause from your symptoms and menstrual history. However, the test provides an insight into your hormone health and the relative levels of different hormones in your body. The doctors can then prescribe treatment with bio-identical hormones.

Treatment is bespoke. The prescription is tailored to your individual needs. Only the hormones you are deficient in are replaced with preparations that are identical in structure to your own hormones.

## **BHRT review and follow-up**

The specialists at Bella Vou will monitor your progress and support you throughout treatment.

Following your initial consultation, you may have three-monthly reviews so that your hormone balance, symptom control, and health can be fine-tuned. As soon as you are feeling well, your hormones are stable, and your symptoms are controlled, an annual review may be sufficient.

If you have any questions or problems, the Bella Vou team will always be on hand to answer queries and offer support.

## **Quick glance guide to your BHRT consultation**

**Procedure Time:** 30 minutes

**Back to Work:** No downtime

**Anaesthetic:** No anaesthetic needed

**Hospital stay:** No

**Treats:** Hot flushes, fatigue, mood changes, and headaches

## **Why choose Bella Vou for Bioidentical HRT?**

Bella Vou offers clients a uniquely individual approach to cosmetic surgery, aesthetic treatments, and health care. The state-of-the-art clinic provides the latest procedures and quality care in a discreet, comfortable, and welcoming environment in the heart of the beautiful historic town of Royal Tunbridge Wells.

Bella Vou is dedicated to providing satisfaction, the highest standards of care, and a personal touch, throughout your treatment journey. Bella Vou offers competitively priced packages of care, with no hidden extras.

The clinic is approved and inspected regularly to ensure the highest standards of patient care, cleanliness, and infection control safeguards.

***Bella Vou combines cutting-edge treatment and clinical excellence with the luxury, comfort, and discretion of a spa and the hospitality of a five-star hotel.***

## **Your Bioidentical HRT journey at Bella Vou**

### **What happens during your Bioidentical Hormone Replacement Therapy consultation?**

The consultation will take place in Bella Vou's calm, comfortable, and welcoming outpatient clinic in the heart of Tunbridge Wells. The clinic can arrange appointments, testing, and treatment to suit your schedule and work demands.

The experienced doctor will take a medical history to find out your symptoms, your health, your menstruation, and any treatments you have tried. They will arrange for baseline tests, including comprehensive blood analysis, to check for hormone levels.

The test provides detailed information about the levels of different hormones in your body so that any imbalances can be identified and addressed.

Prescriptions are bespoke so that treatment is targeted to your hormone profile and individual needs. The hormones in which you are deficient are replaced with preparations that replicate the actions and effects of your body's natural chemicals.

### **BHRT review and follow-up**

Review will depend on your symptoms and your response to treatment.

Initially, frequent follow-up is needed to achieve the correct hormone balance that eases symptoms and maintains wellbeing. Once the optimum therapy has been established, a yearly review can be enough to monitor your healthy progress.

## **FAQs**

### **How long does BHRT take to work?**

Most people notice an improvement in symptoms within two or three weeks of starting therapy. However, it can be two or three months before you achieve the full benefit.

### **Do I have to have blood tests?**

Blood tests are vital to analyse the relative levels of hormones in your system and check that replacement is achieving the correct balance. If you are nervous about blood tests, Bella Vou can apply numbing cream before taking blood to reduce discomfort.