



**BIOIDENTICAL**

**hormone**  
*replacement therapy*

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[www.rockcreekwellness.com](http://www.rockcreekwellness.com)

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# Introduction

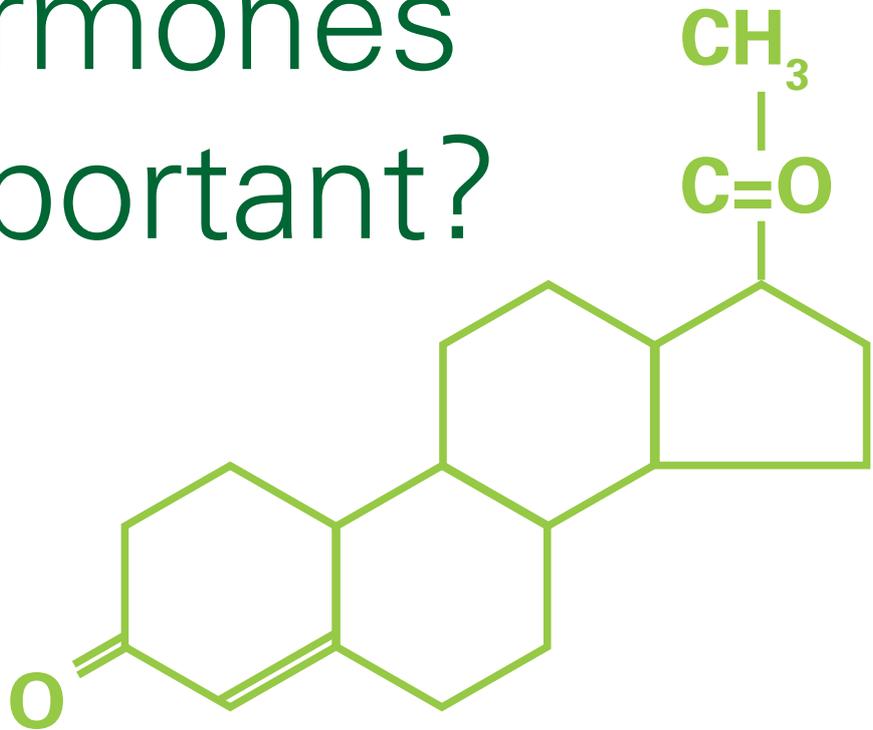


At Rock Creek Wellness, our goal is to help you look and feel your best, especially throughout your later years and during the aging process. Many of our patients come to us concerned about health problems that affect their overall wellbeing, such as lack of energy, low sex drive, memory problems, and mood swings. That's why we strive to offer the safest and most effective treatments available for age management and hormone imbalances.

Rock Creek Wellness specializes in offering patients a cutting-edge approach to age management that will help both men and women regain quality of life through bioidentical hormone therapy, nutrition and exercise. We want you to continue to be active, healthy, and energetic in your later years so you can live longer, enjoy doing your favorite activities, and continue to spend time with family and your loved ones.

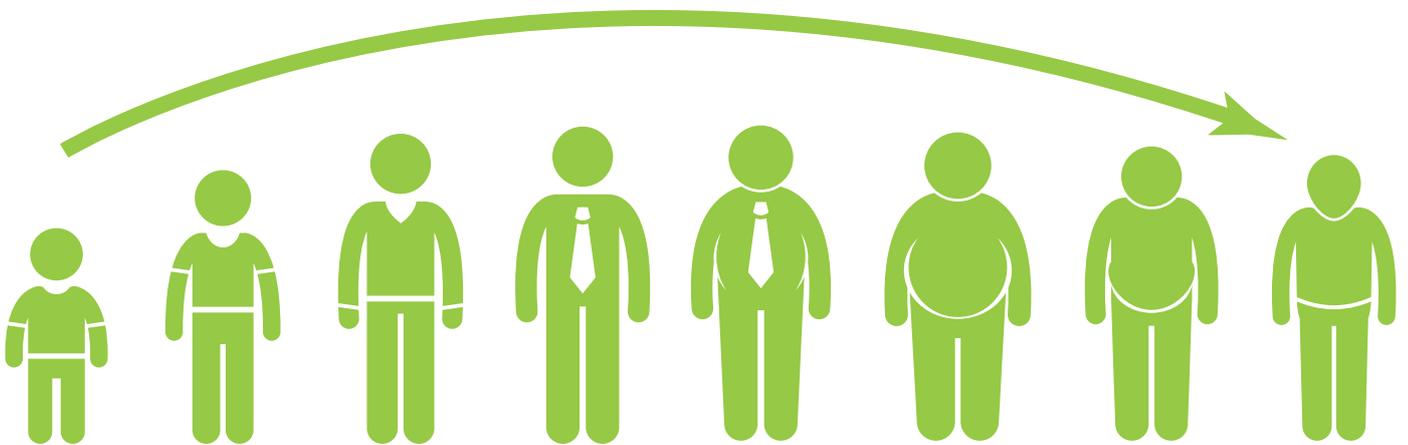
To your health,  
Dr. Mark

# Why are hormones important?



Hormones are chemicals that naturally occur within the human body and play an important, vital role in our overall bodily function. Hormones deliver information between cells and organs to regulate a normal state of health, and are responsible for driving healthy immune system function, metabolism, sex drive, reproduction, and more. When we experience hormone imbalances, our overall quality of life can become affected as hormone fluctuations wreak havoc on our body and normal bodily functions.

The human body requires hormones for the various stages we go through in our lives, such as growth periods and reproductive phases. After our bodies have completed these natural cycles, our hormone levels will naturally decline with age. This sometimes leads to dementia and problems with memory loss, weight gain, low sex drive, mood swings, constant fatigue, and decreased energy. This process is what we've all come to know as aging. However, it doesn't have to be this way. Many of the symptoms that we commonly associate with aging are actually treatable and preventable.



The three most important hormones related to aging are progesterone, estrogen, and testosterone. As these hormones begin to deplete from our bodies, we can experience drastic and adverse changes in both bodily function and personality. However, hormone replacement therapy (HRT) has the ability to reverse side effects associated with aging by improving and restoring brain health, our energy levels, sexual libido, moods, and immune system function.

At Rock Creek Wellness, we offer a natural type of hormone replacement therapy known as *bioidentical hormone replacement therapy*.

# What is bioidentical hormone replacement therapy?



Bioidentical hormone replacement therapy (BHRT) is a natural form of HRT that is made up of hormones identical to those in the human body. The hormones used in BHRT are derived from extractions of natural plant sources that contain estrogen, testosterone, and progesterone, and have a biological structure that mirrors that in humans.

Since BHRT is completely natural and identical to our own hormone structure, the therapy is much safer than conventional methods of HRT, which are composed of man-made, synthetic hormones that are partly derived from the urine of female horses. These synthetic and unnatural forms of HRT have been proven dangerous by a number of medical studies, and can cause our bodies to experience adverse and serious health problems such as dementia, Alzheimer's disease, heart disease, and cancer.

# How does BHRT work?

BHRT is available in a number of different forms, including pills, patches, gels, creams, injectables, troches, and pellets. At Rock Creek Wellness, we work closely with each patient to determine the best approach to address their health concerns and goals. Because everyone reacts differently to different approaches, we offer a variety of administration methods for our BHRT patients.

Our personalized, integrated approach features a combination of nutrition, exercise, and bio-identical hormone therapy, supplementing the hormones your body needs to function.

Because bio-identical hormones have the same chemical structure as human hormones, the body is able to recognize them and use them to mimic the function of your own hormones, leading to restored hormonal balance and the alleviation of unpleasant symptoms associated with aging.

# Benefits of BHRT



Since BHRT has the ability to repair and return our bodily functions back to normal, healthy levels, our bodies will gradually become more youthful and energetic throughout the duration of treatment. BHRT helps reverse the aging process and allows us to live out the rest of our lives feeling happy, active, and healthy.

BHRT is associated with a number of health benefits for both men and women, including:

- Improved energy levels
- Better sleeping patterns
- Improved memory and concentration
- Acceleration in fat loss
- Improved sex drive and libido
- Improved muscle tone
- Reduced risk for heart disease
- Better bone strength and lower risk for osteoporosis
- Improved mood
- Increased strength
- Decrease in skin wrinkles
- Decrease in joint pain and muscles aches



## Additional benefits of BHRT for women

Women who suffer from menopausal and postmenopausal symptoms such as night sweats, hot flashes, and vaginal dryness can experience relief from these symptoms while undergoing BHRT.

BHRT can also treat and eliminate headaches and migraines related to menstruation, and can relieve and reverse incontinence, vaginal thinning, and urinary urgency. BHRT can also help strengthen bones and prevent bone loss while drastically lowering the risk for osteoporosis.



## Additional benefits of BHRT for men

Studies have shown that men begin to experience a decline in testosterone levels starting in their early 30s. BHRT can reverse symptoms of lower testosterone levels in men that include erectile dysfunction, breast enlargement, loss of sex drive, balding and hair loss, problems with urination, and fatigue.

BHRT can also help prevent and lower the risk for major health problems including heart disease, prostate cancer, Alzheimer's disease, and osteoporosis.

# Health risks associated with conventional HRT

For many years, conventional HRT composed of synthetic hormones was the go-to method for hormone replacement. However, a number of studies conducted in 2002 and the years that followed have shown that conventional means of HRT can result in higher rates of illnesses that include stroke, heart attack, breast cancer, and blood clot formations in the lungs and legs.

One 2002 study found that synthetic hormones put women at a 41% higher risk for stroke, a 29% higher risk for heart attack, and a 26% higher risk for breast cancer. Women were also at double the risk for experiencing blood clot formation in the legs and lungs. A separate 2002 study showed that long-term use of synthetic hormones for 5 or more years can lead to up to a 85% higher risk for breast cancer.

After the 2002 studies were completed and shared with health organizations around the world, physicians across the country stopped providing synthetic HRT to all women who still had intact uteruses. Two years later, in 2004, researchers at the Women's Health Initiative stopped providing synthetic HRT to women who had undergone hysterectomy due to a new finding for an increased risk for stroke.

In regards to men's health and synthetic HRT, a study published in the Journal of the American Medical Association around the same time found that synthetic means of HRT increased the mortality risk in men by triggering cardiac events such as stroke and heart attack. It was also found that conventional HRT had no positive effects at all on reducing heart disease in men.

Compared to BHRT, which is completely natural, conventional HRT is far more dangerous because its components and genetic makeup are wholly incompatible with human genes.

# The safety of BHRT

Since bioidentical hormones are identical to human hormones, the human body has the ability to naturally process these hormones in a healthy manner without causing any dangerous, unwanted side effects. A number of studies have proven that BHRT has helped men and women prevent major diseases including breast cancer, heart disease, Alzheimer's, dementia, osteoporosis, type 2 diabetes, and much more.

BHRT has been researched, developed, and studied in Europe and the United States since 1939. Thanks to technology, the health benefits of BHRT have elevated this therapy to the top of hormone treatments when it comes to safety and efficacy. The topic of BHRT is still highly controversial today, but only because the therapy remains relatively new to physicians and patients alike who have failed to review the medical studies and research that prove its efficacy and safety.

In fact, hundreds of studies are now available to physicians and practitioners in regards to the safety of BHRT, but many fail to take the time to read and review these studies.

# Controversies surrounding BHRT

BHRT became a controversial topic when big pharmaceuticals that manufacture synthetic hormone therapies attacked BHRT for claiming their therapies could prevent and reverse certain illnesses. Since a number of studies that were in progress during that time period had not yet been completed, the FDA advised compounding pharmacies that developed BHRT against making such health claims.

BHRT met further controversy when it was brought to the public's attention that most BHRT treatments are custom-made at compounding pharmacies, which are regulated by state boards of pharmacy rather than the FDA. Although BHRT is considered safe for use, many remain skeptical of treatments that are not regulated by the FDA.

Renowned celebrities including Oprah Winfrey and Suzanne Somers have celebrated and shared their stories with the American public about the benefits of BHRT, which has contributed both to the popularity and controversy of the hormone treatment. Celebrity recognition of BHRT has brought the treatment under close scrutiny by those who remain skeptical of new and holistic health therapies and prefer sticking to traditional methods of treatment.

# Are you a candidate for BHRT?

Considering the age at which hormones begin to decline, men and women should receive a baseline hormone evaluation between the ages of 35 and 40. When your hormone levels begin to diminish with the onset of aging process, you can begin to take BHRT to ensure that you maintain your energy and overall youth and appearance.

You could become a candidate for BHRT as soon as your hormone levels begin to decrease.

In women, the symptoms of low hormones may include:

- Fatigue and decreased stamina
- Mood swings and irritability
- Low sex drive and libido
- Weight gain and fluid retention
- Problems with sleeping
- Hot flashes and night sweats
- Headaches
- Fatigue
- Foggy thinking

In men, the symptoms of low hormones may include:

- Loss of muscle mass and strength
- Fatigue and decreased stamina
- Mood swings and irritability
- Memory loss
- Insomnia
- Erectile dysfunction
- Low sex drive and libido
- Weight gain

If you are not sure whether you are considered a candidate for BHRT, our team at Rock Creek Wellness can meet with you for a free assessment to help you determine whether you could benefit from BHRT.

# Why choose RockCreek Wellness?

Rock Creek Wellness offers one of the most comprehensive age-management program available in the Midwest, and is dedicated to using bioidentical hormones where appropriate to optimize your energy, strength, stamina, sexual functioning, cognitive thinking, memory and overall quality of life.

Many studies are suggesting that over half of all baby boomers will live past their 100th birthday and may even live to be as old as 120 years. Considering that life spans will soon increase, we want to help people enjoy their later years as much as possible. Bioidentical hormone replacement therapy can help people live to see old age without having to sacrifice their quality of life.

The earlier you can start with BHRT, the better off your life will be.

*Dr. Mark Strehlow has had a passion for Age Management Medicine for 15 years now and is considered one of the Midwest's leading experts in this field. He has had extensive training at the world renowned Cenegenics Medical Institute in Las Vegas and has been active in the Age Management Medicine Group and the American Academy of Anti-Aging Medicine.*

*He graduated from the University of Kansas Medical School and had been a Board Certified Family Medicine specialist with one of the largest and most respected practices in the Kansas City area for over 23 years.*

Rock Creek Wellness offers two hormone replacement therapy options for patients interested in BHRT: our BHRT Premier Care program and our pellet hormone optimization program.

## BHRT Premier Care

Our BHRT Premier Care program includes a thorough 4-hour consultation and testing session, an advanced DXA scan that analyzes bone density and body composition, an advanced cardio screening, and a complete lifestyle modification plan that can be customized to your needs.

We will develop a customized age management treatment plan that will put you on your way to better health, improved vitality, and better quality of life.

## Pellet hormone replacement program

Our pellet hormone program is designed for patients seeking a quick and affordable entry to bioidentical hormone therapy. Pellet hormone implants, placed under the skin, consistently release small, physiologic doses of hormones, providing optimal therapy.

Your package will include a thorough consultation with your Age-Management Physician, who will review your medical history, current symptoms and abbreviated lab work.



**Contact Rock Creek Wellness  
for more information about  
bioidentical hormone  
replacement therapy, and  
schedule your free  
consultation today.**

**913-727-7700**

**[www.rockcreekwellness.com](http://www.rockcreekwellness.com)**

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