NORTH IOWA
HORMONE & WELLNESS
CLINIC

BIOIDENTICAL HORMONE REPLACEMENT THERAPY (BHRT)

What is BHRT?
Bioidentical Hormone Replacement Therapy (BHRT) uses hormones that are chemically identical to those naturally produced by the human body. BHRT may help restore hormone balance and improve symptoms associated with aging, menopause, perimenopause, low testosterone, and other hormone-related conditions.

Women's Hormonal Health

Perimenopause• Irregular menstrual cycles• Hot flashes• Sleep disturbances• Mood changes• Brain fog• Weight gain

Menopause• Hot flashes and night sweats• Vaginal dryness• Reduced libido• Fatigue• Sleep disruption• Body composition changes

Unexplained Infertility• Hormonal imbalances affecting ovulation• Menstrual irregularities• Fertility challenges• Reproductive health concerns

Postpartum Hormonal Changes & Mood Support• Persistent fatigue• Mood changes• Sleep disruption• Brain fog• Difficulty recovering after pregnancy

PCOS/PMOS• Irregular periods• Insulin resistance• Weight management challenges• Acne or unwanted hair growth• Fertility concerns

Hormonal Imbalances• Fatigue and low energy• Weight gain• Brain fog• Mood changes• Low libido• Poor sleep

Men's Hormonal Health

Andropause (Age-Related Testosterone Decline)

- Low energy
- Reduced muscle mass
- Increased body fat
- Decreased libido
- Brain fog
- Reduced motivation

Low Testosterone Symptoms

- Slower recovery after exercise
- Loss of strength
- Fatigue
- Mood changes
- Difficulty concentrating

Our Approach
At North Iowa Hormone & Wellness Clinic, hormone therapy is individualized for each patient. Treatment begins with a comprehensive health assessment, symptom review, and laboratory testing. Your provider develops a personalized plan based on your symptoms, health history, and lab results. Ongoing monitoring helps ensure treatment remains safe and effective.

Important Considerations
BHRT is not appropriate for every patient. Potential benefits and risks should be discussed with your provider. Regular follow-up appointments and laboratory monitoring are important components of therapy.

Questions about BHRT?
Schedule a consultation to discuss your symptoms, health goals, and whether hormone optimization may be appropriate for you.