Individual Hormone Replacement Therapy (HRT)

The individual dosage is important.

One of the most important perceptions of hormone substitution is the individualisation. A HRT has to be custom-tailored and take into consideration problems and the risk profile of the individual woman and the individual man respectively. Only individual dosage permits an effective and successful therapy without side effects.

The aim of an individual hormone replacement therapy should be to bring the patient in an optimal and adjusted hormone balance by slight increase of the single hormone levels back to physiological ones of a young human. HRT can be successful only if you look after an improvement of nutrition and lifestyle at the same time.

All hormones need to be evaluated before giving HRT.

This is the key to success of the therapy. Hormones have synergistic effects; thus balanced hormone levels allow, among other things, also a reduction of the single hormone dosage.

An individual HRT should be administered by taking into account the following criteria:

- improvement of the nutrition and the digestion
- improvement of lifestyle and care for healthy environment
- complete physical check-up with lab tests
- adjustment of the patient to optimal hormone levels of a young person
- query patient with regard to subjective symptoms
- watch for disappearance of hormone deficiency symptoms
- watch for symptoms of hormone surplus (to be avoided)

Effects – compatibility – side effects of natural, human-identical hormones

Effects

By oral or topical application of natural hormones excellent blood levels are achieved without risking the unwanted side effects of synthetic hormones.

Gestagens (synthetic derivatives of progesterones/progestine) cause for example retention of fluids, depression, sensitivity of breasts, weight gain etc. Progesterone in its natural form as well as its metabolites, on the contrary, work anxiolytic, sedative and lifts the spirits. Progesterone works diuretically (reduction of the blood pressure) and protects the endometrium from hyperplasia and carcinogenic mutation.

Compatibility

Natural hormones are well tolerated, the patients’ acceptance and compliance is very good.
Side effects

The individual dosage of hormones based on a distinguished diagnosis is the precondition for a successful HRT.
If the dosage is correct, hardly any side effects during a HRT are expected. Disorders occurring are normally temporary.
It is not uncommon that women, after the intake of gestagens (synthetic derivatives of progesterone/progestine), complain about headaches, mood changes, depressions, tension in the breast, weight gain, oedemas on ankles and eyelids etc. Progesterone in its natural form does not have these side effects.

Thus, natural progesterone differs, for example, from gestagens in particular through its higher acceptance and affinity to the progesterone receptors, e.g. in the uterus and the brain and can therefore be better used by the body.

The same applies for all the other natural human-identical hormones.