

Customized bioidentical hormones and heart health

Here is what we know in regards to positively impacting the prevention of heart disease. Once women reach a menopausal state, their risk of heart disease equals that of men. As with all things hormone-related, it seems there is also confusion about using estrogen therapy in preventing heart disease. Studies have shown that oral synthetic estrogens do increase the risk of DVT (deep vein thrombosis) and blood clots. This is believed to be caused by the estrogenic substances stimulating the liver to produce more clotting factors. Using topical bioidentical estrogens does not cause this same result. Bioidentical estrogen actually has positive effects on cardiovascular health. Why is this? Because bioidentical estrogen, and we prefer the topical delivery system in physiological dosing, is a vasodilator and actually relaxes the endothelial lining of the blood vessels, thus lowering the risk of blood clots.

Bioidentical progesterone is a natural diuretic. It lowers blood volume, thus lowering blood pressure and putting less stress on the cardiovascular system. In addition, testosterone therapy impacts the effectiveness of the heart by improving muscle contractility and strength.

It is important to understand that maintaining cardiovascular health with physiological dosing of BHRT (estradiol, progesterone and testosterone), along with diet, lifestyle and nutritional supplements can greatly impact cardiovascular health. Current belief by Functional Medicine doctors and anti-aging experts concur that cardiovascular disease is caused by inflammation, stress and an overactive immune response. Furthermore, foods that contain trans fats, sugar, and high fructose corn syrup can cause excessive inflammatory reactions within the linings of blood vessels that lead to clots and cardiovascular events (stroke and heart attack). Taking omega 3's, aged garlic, niacin, resveratrol, and N-acetyl cystine in conjunction with drug therapy (low dose statins and ACE inhibitors) can greatly reduce inflammatory factors and help prevent cardiovascular events. These strategies offer the best protection and prevention of heart disease.

To detect cardiac risk, I have learned of a great program, Premier HeartWorks Cardiac Risk Assessment through the Miami Valley Hospital Premier Health Partners. For \$99 (valued at \$700) this self-pay program (no physician referrals or insurance approvals needed) Premier HeartWorks Cardiac Risk Assessment includes: personal health and family medical history, measurements: height, weight, waist circumference, BMI (body mass index), ABI (ankle-brachial index) blood pressure ratios, Lab work (fasting lipid profile, fasting blood sugar, C-Reactive protein), blood pressure, ECG (electrocardiogram), Assessment with a dietitian and a cardiac nurse, Coronary Artery Calcium Scoring (if clinically indicated and at an additional charge). For more information call [937-438-5483](tel:937-438-5483) or visit PremierHeartWorks.com.

Doing everything we can to help prevent heart disease through owning our journey to wellness that begins with natural hormone balance as the FIRST step to wellness, and includes assessing our risk of heart disease through programs like Premier HeartWorks, just makes sense! We look forward to serving you on your

journey to wellness! Call us at [513-444-6343](tel:513-444-6343) or visit us online at happyhormonecottage.com.