

## Healthy Hormone Balance

As we age, the balance of hormones change in our body. Dr. Bruce S. Worrell with The Center for Optimal Vitality in Mason offers a program that can assist with those changes. Board certified in internal medicine,



Dr. Worrell offers bio-identical hormone replacement therapy, customized to the individuals needs. According to practice administrators Gina Worrell, people come to their office with a variety of symptoms including:

1. Anxiety, irritability
2. Fatigue, loss of energy, poor focus and concentrations
3. Depression
4. Loss of muscle tone and decreased exercise tolerance
5. Weight gain even with exercise
6. Hot flashes, night sweats, vaginal dryness
7. Decreased sexual desire

Often, women have visited their Primary Care Physician about these symptoms, maybe even have been taking an antidepressant for them, but still are not totally satisfied. Some patients come to the Center with a complaint that they “just don’t feel right.” In Dr. Worrell’s practice, the first step is to send a patient for blood work which measures testosterone, estrogen, progesterone in menstruating women, fasting insulin level and thyroid functioning.

Based on the results of the blood tests, Dr. Worrell will implant a pellets the size of a grain of rice in the hip and buttock area. He makes a tiny incision and implants one to three pellets, depending on the results of the initial blood work. According to Gina, “There are other deliver methods, but the pellet is the Cadillac.” She continues, “The pellet is like a reservoir, it is taken in by the blood flow and gets to where you need it, when you need it.” Progesterone, necessary for menstruating women, cannot be delivered in pellet form; it is taken as a capsule.

Gina says the hormones used are bio-identical to those the body produced in its twenties. A patient is then monitored at regular intervals and the pellets generally last four to six months. Like other treatments, Gina calls this “out of the box medicine.” Even though she says the science backs up their claims, insurance issues can be tricky. At the Center, each patient pays for the treatment and is given all of the proper paperwork to self-file with the insurance company. While many people look for a reduction in symptoms, Dr. Worrell has focused on this treatment for its promise to fight off diseases we get with aging. As Gina puts it, “the goal is to physiologically restore the patient to optimal health, to prevent aging diseases. The symptom reduction is just the icing on the cake.”

*The Center for Optimal Vitality*

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