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## **BIOIDENTICAL HORMONES**

As you age, your hormone levels drop. These Hormones are the chemicals that control your body. When you were younger, your hormone levels were nice and high and you felt great and had tons of energy. Once you approach and pass 40 years old, your hormones start on a never-ending downward spiral. Many of the signs of aging can be directly or indirectly explained by the decreases in these hormones.

For the female, drops in Progesterone, Estrogen and DHEA and Testosterone occur. These drops in hormones are associated with mood swings, fatigue, weight gain, depression, sleeping disorders, increased relative amounts of body-fat, decreased sexual desire, vaginal dryness, a decreased ability to achieve sexual excitation, and decreased quality of life in general. There is even limited evidence that points to increased incidence of cancer related to the decreasing levels of these hormones.

Also called "Low T", for the male, decreases in Testosterone and DHEA occur with normal aging. The drops in these hormones are associated with erectile dysfunction, decreased strength, fatigue, sleeping disorders, increased body fat ratio, decreased lean muscle mass, decreased sexual desire, depression, and decreased energy and quality of life in general.

At Cedar Hills Family Practice, we use "Bio-Identical Hormones" which means "identical to what is in the body." We do this because hormones are very complicated chemical compounds and even small changes can make a big difference in how well they work and possibly even increase your chance of getting cancer. The use of hormones in general has been shown to possibly increase your risk of cancer, liver problems, and other unexpected effects on the human body. These risks have been shown to be decreased by using Bio-Identical Hormones instead of synthetic hormones. Though, most of the research done on hormones was done on synthetic hormones. Ask about hormones today and we will be more than happy to discuss with you how they can help you too.

**QUALITY OF LIFE IS IMPORTANT AND YOU DESERVE MORE!!**