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Bio-identical Hormone Optimization

By DR. MAGDY NASRA,
BEATA ADVANCED AESTHETICS

Months of remaining indoors, we all have been experiencing waves of emotions and maybe some physical aches and pains. In the modern era of 2020, we have a plethora of distracting toys at our disposal. But in reality, emotional and physical stress cannot be binge-watched away. Beata Advanced Aesthetics looks deeper into the hormonal changes that can spike during stressful times.

Bio-identical hormone optimization is an individualized way of correcting the hormonal deficiencies that accrue over the years and by stress resulting in so many complaints with negative impact on physical and emotional health. Symptoms associated with low hormone levels include but are not limited to lack of libido for both men and women, fatigue, malaise, mood disorders, and depression. Women with menopause suffer hot flashes, mood swings, night sweats, and poor sleep. For these reasons many people have desperately looked into every avenue to improve these ailments and complaints.

Sadly, the pharmaceutical grade hormone replacement options did not improve these symptoms sufficiently despite the risk associated with synthetic hormone replacement options. They have accounted for increased risk of heart disease, breast and uterine cancer, and blood clots.

Additionally, these synthetic hormone replacement drugs, never truthfully addressed every patient's individual needs, but rather one dose fits all. So it's no wonder why it has always achieved inconsistent results. The formulations that pharmaceutical grade hormone replacement drugs have been also inconsistent with absorption, bioavailability and blood levels.

So both healers and patients have been looking for alternatives that are safe, natural, "not from horse urine or synthetic formulation". Hormones that are made from natural sources and identical to what the body would have made. So when bio-identical hormones were available, being made from pure natural sources and identical to human circulating hormones, it was clear that it did not increase the risk of cancer, heart disease or cause blood clots. That being said the next issue was how to deliver these bio-identical hormones. The mode of delivery is crucial in achieving their benefits. It is clear that applying them to the skin is associated with erratic and inconsistent absorption levels. This is in addition to irritation and limitations associated with patches. Taking these hormones by mouth has also been associated with erratic absorption, GI symptoms and inconsistent blood levels.

Then came along the pellet formations or the implantable pellets, which so far have shown and proved to be the best delivery system with consistent

blood levels that peak when energy with increased cardiac output required but low delivery levels when a person is resting and is not working out.

A great benefit of the bio-identical hormone pellet formulations and administration, is that it ensures that every patient's individual needs are met. Usually utilizing a comprehensive diagnostic technique that pairs blood testing of total and free testosterone and estradiol measurements with a clinical survey that puts the numbers into a context built around a patient's individual needs. There is no one "magic" number, every man and woman is different, and treating each patient as unique is vital to providing the right solution to each patient.

In other words, the amount of hormone optimization is individually calculated to address every single patient's needs. In our practice as well as in many other practices, the satisfaction with the changes achieved by hormonal optimization is more than 95%. After receiving testosterone replacement, many patients report:

- Less body fat, especially around the mid-section
- Increased energy levels
- Retention of muscle mass
- Heightened mood
- Increased libido and sexual function

Briefly, men and women have noticed significant improvement in depression, mood disorders, and sense of well-being. They have noticed improved energy after they were always complaining of fatigue and malaise. Libido, hot flashes, irritable sleep and sad moods. While it can be hard to talk about sexual life, low testosterone can have a serious impact on overall male physical and emotional health. Erectile dysfunction and low libido may be symptoms underlying a testosterone dysfunction, which can have broad-ranging implications on overall health. Unfortunately, only 5% of men with testosterone insufficiency receive hormone replacement therapy (HRT). Low testosterone may have a wide range of influences on overall health and well being. These can include low energy levels, insomnia, weight gain (especially around the midsection), brain fog, loss of muscle mass, decreased libido, decreased sexual performance (erectile dysfunction), joint pains, and mood disturbances, including irritability. Some people thought that hormonal optimization is only for older men and menopausal women which is far from the truth. The age range of men and women who benefit from bio-identical hormonal optimization, spans through all age groups and gender.

This pandemic has taught many of us the need to slow down and really assess our bodies. Improvement on overall health can help ease the transitions we will all face moving forward with the new "normal".



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