



TOP 20 REASONS WOMEN SHOULD CONSIDER USING HRT

1. **Insomnia:** Insomnia or wakefulness leads to decreased production of melatonin and Human Growth Hormone, which can then lead to weight gain and depression.
2. **Night sweats:** Excessive sweating and hot flashes, which can be embarrassing, uncomfortable, and cause wakefulness at night.
3. **Depression:** Low levels of progesterone and estrogen can leave a woman feeling "blue" or sad, and may cause erratic moods, often leading to the need for antidepressants.
4. **Dry skin, irritated itchy skin:** This can often lead to skin changes and a trip to the dermatologist.
5. **Vaginal dryness/shrinking:** without hormone therapy, vaginal walls become thin and irritated, possibly increasing the susceptibility to infection.
6. **Urinary incontinence:** helps prevent involuntary loss of urine.
7. **Painful intercourse:** vaginal dryness interferes with sexual relationships (AND IT HURTS!)
8. **Urinary tract infections (UTI's):** increased incidence of UTI's associated with loss of estrogen. There are more estrogen receptors in the genital-urinary tract than any other place in the female body.
9. **Mental confusion/memory problems:** Loss of estrogen and testosterone can lead to loss of memory, reduced concentration, and poor recall.
10. **Osteoporosis:** Helps restore bone mineral density and prevent further loss.
11. **Oral problems:** HT is associated with decreased risk of tooth loss and decay.
12. **Low libido (sex drive):** Loss of hormones can interfere with sexual relationships, reduce sexual drive, sexual sensation and can lead to guilt and depression.
13. **Colon cancer:** HRT reduces risk of colon cancer in postmenopausal women.
14. **Alzheimer's disease/Parkinson's disease:** HRT delays the onset of both.
15. **Cataracts:** reduces incidence and complications.
16. **Macular degeneration:** age-related, can be reduced with HRT.
17. **Cardiovascular disease:** raises HDL (good cholesterol), lowers LDL (bad cholesterol), and improves overall health of the heart.
18. **Vascular constriction:** Hormones improve vasodilatation of arterial walls.
19. **Accelerated aging effect:** Restoring natural hormone balance can help a woman feel and look younger longer, reduce the onset of wrinkling and improve the tone of the skin.
20. **Blood sugar control:** Hormones can help improve glucose (blood sugar) levels and reduce insulin resistance. This also helps control appetite.