



What to Expect at Your First Hormone Therapy Visit

If you're thinking about hormone therapy because you've been feeling "off," exhausted, moody, or unlike yourself, you're not alone. Millions of women in their late 30s, 40s, and 50s experience hormonal changes that affect:

- mood
- weight
- sleep
- energy
- libido
- cycles
- metabolism
- brain clarity

Yet many women don't receive the clarity, support, or treatment they deserve.

Your first hormone therapy visit at **Vital Path Wellness Clinic** is designed to finally give you answers — and a personalized plan that makes you feel like *you* again.

Here's exactly what to expect.

1. A Deep Dive Into Your Symptoms and History

Unlike a rushed 15-minute primary care visit, your Hormone Harmony evaluation is a **comprehensive, 60-minute telehealth visit** with a licensed Nurse Practitioner.

We will discuss:

- your energy levels
- mood changes
- sleep struggles
- cycle patterns

- PMS changes
- weight fluctuations
- hot flashes or night sweats
- libido
- brain fog
- stress
- appetite changes or cravings

We look at the full picture of your midlife health — not just symptoms in isolation.

This helps us determine whether your symptoms are caused by:

- ✓ perimenopause
- ✓ menopause
- ✓ thyroid imbalance
- ✓ adrenal stress
- ✓ insulin resistance
- ✓ nutrient deficiencies
- ✓ or a combination of all of the above

Most women are shocked to hear:

“You’re not crazy — this is real, and it’s treatable.”

2. Cycle + Hormonal Pattern Assessment

Hormone shifts during perimenopause are erratic and unpredictable.

We will evaluate:

- cycle length changes
- irregular bleeding
- skipped cycles
- heavy or painful periods
- spotting
- PMS intensity

These patterns give insight into how estrogen, progesterone, and other hormones are responding as you transition through midlife.

This part of the visit often helps women understand **why they feel the way they do** for the first time in years.

3. Labs (If Needed)

Not every woman needs extensive labs, but we may order:

Hormone Panel

- Estradiol

- Progesterone
- Testosterone (free + total)
- FSH
- LH

Thyroid Panel

- TSH
- Free T3
- Free T4
- Thyroid antibodies

Metabolic Panel

- A1C
- Fasting insulin
- Lipid panel
- CMP

Vitamin/Nutrient Tests

- Vitamin D
- B12
- Iron/ferritin

We tailor labs based on your symptoms — not a cookie-cutter panel.

Insurance can cover many labs or we can use affordable cash-pay options.

4. A Personalized Hormone Therapy Plan

Based on symptoms + labs + your goals, we create a customized plan that may include:

★ Estrogen Therapy

Improves sleep, mood, hot flashes, metabolism, and vaginal health.

★ Progesterone Therapy

Supports sleep, calms anxiety, and balances cycles.

★ Testosterone (for select women)

Improves libido, energy, strength, and mental clarity.

★ Non-hormonal options

If hormone therapy isn't right for you, we offer alternatives like:

- supplements

- cycle support
- sleep optimization
- stress + adrenal support
- nutrition guidance

This is not about turning you into someone else — it's about giving your body what it needs to feel balanced again.

5. Education + REAL Answers

Most women tell us this is their favorite part of the visit.

We explain:

- exactly what stage of perimenopause you're in
- what's causing your symptoms
- what's normal vs. not normal
- your treatment options (hormonal and non-hormonal)
- how long treatment takes to work
- what to expect at each stage

Knowledge is empowering — especially when your body feels unfamiliar.

6. Your Follow-Up Plan

Hormone therapy is not a “one and done” prescription.

You can expect:

- follow-ups every 4–12 weeks depending on your plan
- symptom tracking
- dose adjustments as needed
- ongoing support
- safe, evidence-based monitoring
- ability to message your provider between visits (within clinic policy)

Hormonal balance is a journey — and we walk it with you, step by step.

How to Prepare for Your Visit

Before your appointment, it helps to:

- Track your last 3–6 cycles (even if irregular)
- Write down your top symptoms
- Note any supplements or medications you're taking
- Think about your goals:
 - more energy?

- less anxiety?
- better sleep?
- improved libido?
- weight management?

You don't need everything perfect — just show up as you are.
We'll guide you from there.

The Bottom Line

Your first hormone therapy visit is about **understanding your body**, validating your experiences, and creating a plan that helps you feel better — mentally, physically, and emotionally.

At Vital Path Wellness Clinic, we offer:

- ✓ compassionate, personalized care
- ✓ evidence-based hormone therapy
- ✓ perimenopause + metabolic expertise
- ✓ safe, modern dosing
- ✓ telehealth convenience
- ✓ midlife-focused wellness plans

Midlife doesn't have to feel overwhelming.
With the right support, it can become your healthiest chapter yet.

You deserve to feel like yourself again — and we're here to help.

Medical Sources & References

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6. Cleveland Clinic. "Hormone Therapy for Midlife Women."
7. NIH/NIDDK: Hormones, metabolism, and midlife health.
8. Sleep Medicine Reviews: Hormonal influences on sleep disturbance in peri- and postmenopause.

Book your initial consult with us. Scan bar code below

