

*The Truth About Hormone Replacement Therapy (HRT) for Women 35+

Hormone Replacement Therapy (HRT) is one of the most misunderstood areas of women's health — especially for women in their mid to late 30s and 40s who are entering **perimenopause**, the hormonal transition before menopause.

Despite millions of women experiencing symptoms like fatigue, irregular periods, mood changes, weight gain, hot flashes, and sleep disturbances, most don't realize:

- These are early hormone changes.
- Treatment does exist.
- F And HRT can be safe, effective, and life-changing when used correctly.

At Vital Path Wellness Clinic, we believe women deserve accurate information — not stigma, fear, or outdated myths.

Here's the real truth about HRT, backed by current medical evidence.

**** What Is HRT?**

Hormone Replacement Therapy replaces hormones — such as **estrogen**, **progesterone**, **and sometimes testosterone** — that naturally decline as women move through midlife.

It comes in multiple forms:

- creams & gels
- patches
- oral pills
- pellets
- vaginal estrogen
- injections (rare)

The goal is simple:

- relieve symptoms
- restore balance

Why Women 35+ Start Feeling Symptoms (Even Before Menopause)

Most women think menopause begins when their period stops — but the truth is:

Perimenopause starts 5–10 years earlier.

This means women as early as 35-40 may experience:

- irregular periods
- weight gain around the belly
- night sweats
- hot flashes
- mood swings
- anxiety or irritability
- brain fog
- sleep problems
- fatique
- reduced libido
- vaginal dryness
- heavy or unpredictable cycles

These symptoms are NOT "just getting older." They are hormonal shifts — and they are treatable.

🥾 Benefits of HRT for Women in Midlife

Modern research shows that, for the **right candidates**, HRT is:

- ✓ safe
- ✓ effective
- ✓ heart-protective
- ✓ bone-protective
- ✓ life-improving

Here's what HRT can do for women 35+:

1. J Improves Sleep

Estrogen and progesterone regulate sleep cycles. When they drop, insomnia becomes common.

HRT helps restore deeper, more restful sleep.

2. WReduces Hot Flashes & Night Sweats

These are the **#1** most disruptive symptoms of perimenopause.

HRT is the *most effective treatment* for them, per NAMS and ACOG.

3. Markety & Irritability

Hormone fluctuations affect neurotransmitters.

HRT helps stabilize mood and reduce emotional symptoms that many women falsely label as "stress."

4. 🙅 Supports Weight Management & Metabolism

Estrogen helps regulate:

- fat storage
- insulin sensitivity
- appetite
- inflammation

Replacing declining estrogen helps reduce midsection weight gain and makes GLP-1 therapy more effective.

5. 🎇 Improves Vaginal Health & Libido

Vaginal dryness, discomfort, low libido, and painful intercourse are extremely common — and very treatable.

Vaginal estrogen is safe, low-dose, and can be used long-term.

6. \rightarrow Protects Bone Density

Women lose up to **10% of bone mass** in the first 5 years after menopause. Estrogen replacement dramatically reduces that risk.

7. PReduces Cardiovascular Risk (When Started Early)

Contrary to outdated fears:

When HRT is started before age 60 or within 10 years of menopause, it is associated with lower cardiovascular risk.

This is backed by the North American Menopause Society and updated clinical guidelines.

But Isn't HRT Dangerous? What About Cancer?

This is where confusion begins.

The fears around HRT came from the early 2000s Women's Health Initiative (WHI) study — but those results were widely misunderstood.

Updated research shows:

- ✓ HRT does not significantly increase breast cancer risk when used appropriately.
- ✓ The lowest risks are seen with transdermal estrogen + micronized progesterone, not synthetic hormones.
- ✓ For many women, the **benefits outweigh the risks** particularly when started during perimenopause or early menopause.

The North American Menopause Society (NAMS) states:

"For healthy women under 60 or within 10 years of menopause, the benefit-risk ratio of HRT is favorable."



Types of HRT: Which One Is Right for You?

At Vital Path Wellness Clinic, we personalize HRT to your body.

† Estrogen Therapy

Best for symptoms like:

- hot flashes
- night sweats
- vaginal dryness
- irritability
- sleep issues

Common forms: patch, gel, cream, tablet.



Progesterone Therapy

Required for women who still have a uterus. Helps:

- regulate cycles
- protect uterine lining
- improve sleep
- reduce anxiety

Micronized progesterone (Prometrium) is the preferred form.

Testosterone Therapy (For Select Women)

Used conservatively for:

- low libido
- fatigue
- muscle loss
- brain fog
- mood changes

Women should **never** receive male-level dosing. We dose with care and monitor levels closely.

Who Should Consider HRT?

Women experiencing:

- mood swings
- ✓ sleep issues
- ✓ hot flashes
- ✓ heavy or irregular cycles
- ✓ brain fog
- ✓ weight gain
- ✓ decreased libido
- ✓ fatique
- anxiety
- ✓ vaginal dryness
- ✓ perimenopause symptoms that disrupt daily life

Or women who want to:

- ✓ preserve bone density
- ✓ protect long-term heart health
- √ feel like themselves again



🎡 Who Should Avoid HRT?

Women with:

- history of estrogen-sensitive cancers
- active liver disease
- unexplained vaginal bleeding
- history of blood clots (some exceptions exist)

Your provider will determine if HRT is safe for you.



HRT is not "dangerous." It is not "for old women." It is not a last resort.

It is one of the most **effective and evidence-based** treatments for perimenopause and menopause symptoms — and it can dramatically improve quality of life for women 35+.

At Vital Path Wellness Clinic, we offer personalized hormone therapy with:

- safe, modern dosing
- ✓ clinical monitoring
- ✓ symptom tracking
- ✓ nutrition & lifestyle guidance
- ✓ telehealth convenience
- √ compassionate, judgment-free care

Midlife isn't something to survive — it's something to optimize.

Hormone therapy can help you feel like yourself again.

듣 Medical Sources & References

- 1. North American Menopause Society (NAMS) 2022 Position Statement on Hormone Therapy
- 2. American College of Obstetricians and Gynecologists (ACOG) Practice Bulletin on Perimenopause & Menopause
- 3. Women's Health Initiative (WHI) follow-up analyses and corrected risk interpretations
- 4. Manson et al. "Menopausal Hormone Therapy and Long-Term Risks and Benefits." JAMA
- 5. Santoro et al. "Perimenopause: From Research to Practice." Journal of Women's Health
- 6. NIDDK: Hormones, Metabolism, and Midlife High-Impact Changes
- 7. Endocrine Society Guidelines on HRT
- 8. Cleveland Clinic: "Hormone Therapy and Heart Health"
- 9. Sleep Medicine Reviews: Hormones and sleep disturbance in midlife
- 10. American Journal of Clinical Nutrition: Muscle and aging

Scan the barcode below to book your Free 15 minute discovery call to see if hormone replacement therapy is right for you!



