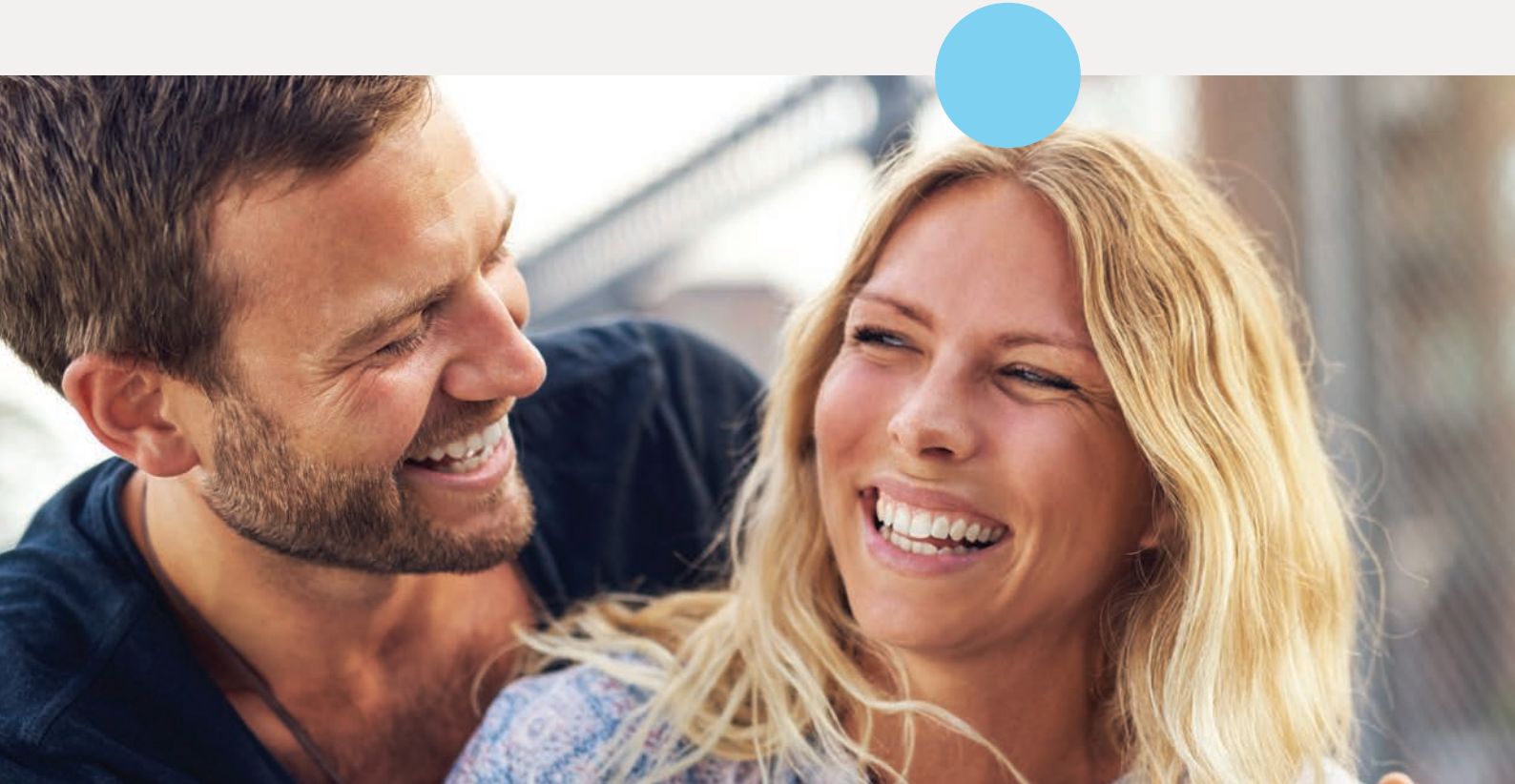


HORMONE TREATMENT GUIDE

2023




You may experience problems that affect your mental, sexual, & physical health.



Under 25 Again's
care, we can
alleviate many of
these symptoms.

What is hormone therapy?





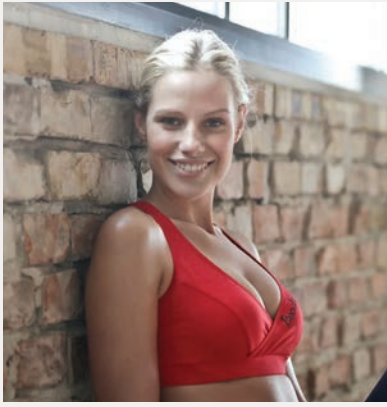
25 Again specializes in hormone therapy for men and women. Hormone therapy is a medical treatment, focused on regaining and maintaining good health and wellness.

As the aging process takes place, hormones in both men and women naturally decline. By the time we reach middle age, hormones may get so low we start to experience problems that affect our mental, sexual, and physical health.

Some common problems associated with hormone deficiencies are:

- Reduced libido and sexual dysfunction
- Increased body fat and decreased muscle mass
- Fatigue and lethargy
- Depression, anxiety and irritability
- Loss of drive, creativity and self confidence

Hormone therapy using prescribed hormone medications under a physician's care can alleviate many of the above symptoms.



Improving your metabolic function and optimizing hormones like testosterone, HGH, estrogen, and others, can provide many individuals with a better opportunity for a healthy and vigorous life.

25 Again has the knowledge and expertise to maximize your potential for improvement through medically prescribed hormone therapy.

When combined with good nutrition and regular exercise, hormone therapy can have a significant and positive impact on your health.

Please take time to read the following information to learn more about hormone therapy and find out if it should be a part of your health care strategy.

What are hormones?

Hormones are our body's chemical messengers. Some of the more familiar are insulin, testosterone, estrogen, cortisol, growth hormone (HGH), progesterone, and thyroid hormones.

They are released by specific glands and travel in the bloodstream to areas where they do their work. Once hormones are released into the bloodstream they travel to their particular trigger cells to deliver their messages and cause a specific biological response.

Hormones affect all aspects of body function including growth and development, tissue repair and regeneration, metabolism, reproduction and even emotional well-being.

Hormones exist in a delicate balance and work within the cells accurately and reliably. But hormone imbalances become increasingly common with age and the link between declining hormones and the subsequent decline in our quality of life is well known.

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Feeling great with hormone therapy

Reversing a hormonal decline and boosting sub-optimal hormone levels may be the answer to the problems you are experiencing. If you are feeling “burned out”, starting to experience “quality of life issues”, or are just going through the often talked about “mid-life crisis”, schedule a comprehensive medical evaluation that may show a hormone deficiency.

Hormone therapy is not for everyone. But those who benefit see significant health and wellness improvements. After years of fatigue, lack of motivation and weight gain wouldn't you like to feel young, lean and energized again? We live in a day and age where we can all benefit from plastic surgery, hair transplants, liposuction and even teeth whitening. Hormone therapy is another treatment you should consider to maintain and improve your health and well-being.





Do I need my hormones optimized?

You may be a good candidate for hormone therapy if you are experiencing the following:


- Low energy, fatigue or weakness
- Declining libido, sexual desire or erectile dysfunction
- Lack of enthusiasm, drive or motivation
- Loss of figure or muscle tone
- Poor focus or concentration

If any of the above apply, you could be living with sub-optimal hormone levels and have yet to discover it!



We have encountered thousands of individuals who have been under diagnosed and even misdiagnosed by their health care providers.





This happens because levels are often not checked in standardized blood tests.

Health care providers may check your thyroid hormones at best, along with the usual blood chemistry, lipid panels and complete blood counts. But in most cases, a simple hormone panel test to check HGH/IGF-1, testosterone, estrogen, progesterone, DHEA and others, is completely over looked.

Most people are living through their 40's and 50's with low hormones and don't even know it. This is the period of life when we need our vigor and vitality the most. We have to build businesses and careers, provide for our families, and live an active healthy life so we can try to fend off age related disease and degenerate problems.

We are striving to be disease resistant, physically fit, mentally sharp and maintain self-esteem so we can live well. But this is difficult to achieve with low hormones especially when we don't know that they are low and don't have access to a hormone specialist.

The first step in detection

Blood levels of many different hormones peak during our teens and twenties, then decline throughout life. Lethargy and lack of vitality are early signs that hormones are diminishing.

As we age, some hormones decline quickly, such as estrogen and progesterone at menopause and other hormones decline slowly and steadily over the decades, including human growth hormone (HGH), testosterone, thyroid hormones, DHEA, and melatonin.

Your first step to detect a possible hormone deficiency is to get a blood test.

Blood testing is the most accurate way to determine whether hormone therapy is medically indicated. Although saliva tests are used by some health care providers, we believe that blood tests provide a more accurate assessment.

Laboratory testing is used to scientifically determine whether hormone levels are normal or have become deficient. If you are a suitable candidate for hormone therapy, an individualized treatment plan can be designed. Call us to arrange a blood test.



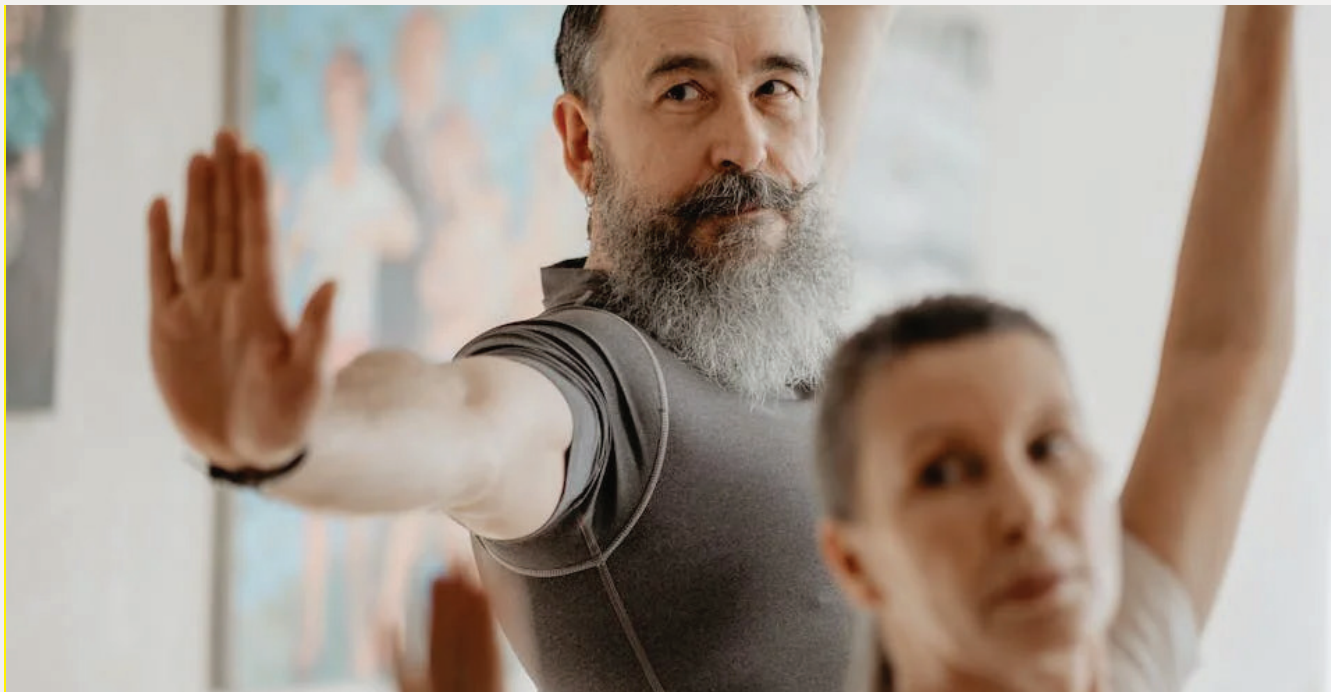


What exactly are the symptoms of a hormone deficiency?

In general, symptoms of a hormone deficiency affect three areas:

- Mental health
- Physical health
- Sexual health

In many cases individuals are deficient in not just one but several hormones.



Hormones utilized in balancing & optimization and what they do...

HGH

- Rejuvenates every cell in the body
- Aids fat loss and muscle gain
- Helps the body heal faster
- Boosts energy to youthful levels
- Improves quantity and quality of life

Testosterone

- Boosts male and female libido
- Encourages heart health
- Helps prevent osteoporosis
- Fights fat
- Increases muscle strength

DHEA

- Lowers blood cholesterol
- Improves heart health
- Slows onset of progressive diabetes
- Favorable impact on arthritis
- Reverses declining mental activity

Thyroid

- Controls cell growth and metabolism
- Helps weight maintenance
- Improves health and vascular health
- Renews energy
- Aids concentration
- Regulates body temperature

Melatonin

- Restores youthful sleep patterns
- Effectively treats jet lag
- Boosts immune system

Estrogen

- Relieves menopausal symptoms
- Increases female life expectancy
- Protects against coronary artery disease
- Boost brain function

Progesterone

- Natural antidepressant and tranquilizer
- Improves female libido
- Protects against cancer
- Boosts thyroid action
- Helps body use fat rather than store it
- Helps prevent osteoporosis

Pregnenolone

- Precursor of many other hormones
- Fights the effects of fatigue and stress
- Relieves arthritis pain
- Improves heart health
- Boosts immune system
- Protects against coronary artery disease
- Improves mood and memory
- Essential to full brain function
- Protects against Alzheimer's disease



Hormone optimization for men

Thanks to improved healthcare and lifestyle, men are living longer and healthier. But there is an important men's health issue that mainstream healthcare is failing to address, and as a result, you may be getting the wrong care and missing out on the right treatment.

Modern medicine has made enormous strides in the last 20 years. The diagnostic tools, surgical procedures and advanced research techniques have changed medical care for the better.

Open heart surgery finds the patient at home after several days. Many cancers, including prostate and colon cancer, are more treatable and have a higher survival rate.

The list of these advances can fill several text books. Hormone therapy programs, utilizing prescribed hormone medications monitored by progressive physicians, is quickly taking up place in these text books.

Male menopause: fact or fiction?



In the past, most doctors didn't take hormone treatments for men seriously. Even today, many doctors deny that declining hormones like testosterone, HGH, DHEA, thyroid hormones and others can cause problems.

Problems associated with low hormone levels:

- Irritability
- Sleep problems
- Diminished libido
- Erectile dysfunction
- Muscle loss
- Weight gain
- Memory loss
- Thinning hair
- Decreased bone density
- Depression

Many of us are getting to the point where we can really start to enjoy our life, but our bodies can't keep up. We've begun to feel more tired and we have less enthusiasm. We seem to get sick much more frequently. Our sexual stamina and performance are not what they used to be and to add insult to injury we are storing fat in places we never thought possible.

If your doctor says, "It's a normal part of aging, get used to it" or "you have to exercise more and eat better" or "you're depressed, here's a prescription for an antidepressant" or "take an ED pill", this may not be what you want to hear, especially if you've gone down that road before and it didn't help you out at all.



How can 25 Again help me?

Starting around age 35, hormones decline and men will experience symptoms of male menopause otherwise known as andropause. Important hormones like testosterone, HGH, DHEA, melatonin and others get so low men experience a downward shift in strength and energy.

You may lose your enthusiasm for life's challenges which you previously enjoyed. You start to lose your competitive edge, and you may start to get sick more frequently.

Other common problems include:

- Disorders of mood particularly anxiety, irritability, and depression.
- Sexual function and libido decline, erectile dysfunction may develop
- Body muscle mass decrease and breast tissue and waistline enlarge
- Focus, concentration and brain functions starts to decline
- Fat seems to accumulate and is no longer easy to get rid of
- Gym workouts require extra effort and results take longer

Our focus is to optimize hormones so you can overcome the above issues in a safe and effective manner. However, a successful 25 Again hormone program relies on a healthy lifestyle, including a well-balanced diet, appropriate nutritional supplements, and regular physical exercise.

Our treatments are medically sound, founded on advanced scientific and medical technologies.

Based on sound and responsible medical principles, our hormone therapies are provided by skilled medical care providers and are consistent with those applied in other preventive health specialties. 25 Again hormone treatments are:

WELL DOCUMENTED. The benefits of hormone therapy for men appear in many peer-reviewed journals including *Aging*, *American Journal of Cardiology*, *Journal of the American Geriatrics Society*, *Journal of the American Medical Association*, *Journal of Clinical Endocrinology and Metabolism*, *Lancet*, and many others.

SYNERGISTIC. Hormone treatments combined with good diet, nutritional supplements and regular exercise deliver greater results and benefits than by administering single therapies alone.

EVIDENCE BASED. At 25 Again, hormone therapies for men and women are based on a unique process for acquiring data in order to formulate an objective assessment upon which treatment is recommended.

HOLISTIC. Our hormone treatments utilize an organized framework for the head-to-toe diagnostic assessment, and subsequent design of treatment regimen. When recommending a therapy after a comprehensive evaluation, our medical team will listen to your needs and goals and will work with you to design a personalized treatment plan.







Hormone therapy for women

In this day and age it is quite normal for a woman to balance a career with being a mother, wife and running a home. As a result of these responsibilities, it's easy to forget about your health and general well-being.

For most women, being well informed about health and wellness is becoming increasingly important. It's common knowledge that women are far better at visiting their doctors than men and in general, take better care of themselves.

You are different from a man in many respects. You have female hormones that can protect you from some diseases yet put you at risk from others. You are vulnerable to osteoporosis, breast and ovarian cancer along with many other conditions.

You also have to consider the impact of pregnancy on your body. You have to face menopause, losing your figure and aging skin. Good health is not just about looking good and performing to the best of your abilities, it's also about being informed on what's out there that could benefit you, your health and quantity of life.

As we age, hormones like estrogen, progesterone, oxytocin, HGH, thyroid hormones and testosterone decline. This decline causes an imbalance that can trigger sexual, mental and physical problems.

Women in their mid-thirties and forties can suffer from pre-menopause and women in their fifties and beyond can suffer from menopause.



Symptoms of Pre-menopause include:

- Irregular Menstrual Cycle Lengths
- Increased Breast Tenderness
- Irritability, Anxiety and Mood Swings
- Water Retention
- Weight Gain
- Increased Inability to Cope
- Poor Concentration
- Reduced Libido/Sex Drive

Symptoms of Menopause include:

- Exercise and Diet Resistance
- Weight Gain
- Breast Tenderness and headaches
- Anxiety and Tearfulness
- Hot Flashes and Insomnia
- Reduced Libido/Sex Drive
- Fatigue, Mood Swings and Depression
- Foggy Thinking and Confusion

The root of the problem

Traditionally, women suffering from these symptoms have been prescribed a contraceptive pill to “regulate periods,” or anti-depressants to “settle down” or benzodiazepines like valium to “calm down.” This approach does not get to the root of the problem.

In many cases a simple hormone therapy program, combining exercise, diet, and nutritional supplements and bio-identical hormone medications, if medically indicated, can improve many of the symptoms that aging women can suffer.



Our focus is to optimize hormone levels to address your symptoms in a safe and effective manner. We can help improve your health, performance and appearance, enabling you to get back on track.

What are bio-identical hormones?

Many women have turned to bio-identical hormones as an alternative form of HRT. These are female hormones normally manufactured by our endocrine system, principally the ovaries- Estrogen, Progesterone, and Testosterone-which decline as the ovaries stop releasing eggs.

By “bio-identical,” we mean that the biochemical structure of the hormone is identical to the hormone produced in a woman’s body. And the origin if the biochemical hormone is from a natural plant based source.

What took so long for bio-identical hormones to gain acceptance? The answer is that pharmaceutical companies actually developed synthetic estrogens and progestin’s in order to patent their drugs.

True bio-identical hormone replacement therapy involves medications made by a compounding pharmacy that, after the medical team measures a woman’s hormone levels, customizes the dose.

We use a bio-identical hormone replacement therapy (BHRT) that is individually customized to help treat symptoms associated with hormone deficiencies.

Hormone therapy can help a number of conditions such as Adult Onset Growth Hormone Deficiency Syndrome, Pre-Menopause, Menopause, etc.



Hormone therapy can not only help alleviate symptoms associated with the previously mentioned conditions but can also help:

- Enhance the immune system
- Improve memory and cognitive function
- Increase sexual energy
- Improve skin tone and texture
- Increase muscle mass while reducing body fat
- Increase energy levels
- Look and feel years younger



Bio-identical hormones: Estrogen, Testosterone & Progesterone

As described in Somer's book, *The Sexy Years*, the state-of-the-art in HRT therapy is the transdermal administration of 'bio-identical' estrogen, testosterone, and progesterone with a safe and convenient daily cream.

Patients on HRT previously received a variety of doses, preparations and regimens, often raising their hormone levels to a concentrations far in excess of normal physiologic levels and without regular monitoring of levels.

Here at 25 Again, our programs include the individual tailoring of doses to restore youthful, physiologic, early adult levels of estrogen, testosterone and progesterone, the current "state-of-the-art" in hormone therapy.



What are menopause, pre-menopause, perimenopause & postmenopause?

In the past few years, the term per menopause has been adopted to denote these symptoms that occur in the 5 to 10 years prior to menopause. Menopause, is traditionally defined after a woman has gone twelve months without having a period. Estrogen levels are low and can cause hot flashes, concentration and memory problems.

In addition, the loss of bone accelerates at this point, and in the first five years after menopause, a woman loses bone at a faster rate than at any time in her life. Other symptoms such as vaginal dryness, decreased libido, dry skin, and decreased mood and energy intensify.

After five years, the period referred to as post menopause, a woman's body settles into a lower estrogen state. Cardiovascular disease rates increase; osteoporosis and fracture rates increase; diabetes rates increase; Alzheimer's disease rates increase.

Our physicians can intervene before menopause takes place. We can help during the pre-menopause stage to treat the symptoms and long term consequences that result from less-than-optimal hormone levels.

An introduction to HGH Therapy

Until recently, the effects of low HGH in adults were unknown.

It is now recognized as a specific clinical syndrome with a number of different physiological and psychological consequences that affect the following:

- Changes in body composition
- Central obesity and fat accumulation
- Lipids in the blood
- Muscle strength
- Bone composition
- Exercise capacity and energy
- Cardiovascular risk
- Psychological well-being

HGH is a hormone that declines as you age, but do you know the specific problems low HGH levels can cause?

Ask yourself these questions:

Is your abdomen flabby? Are your muscles slack and weak? Do you have sleep problems? Have you experienced weight gain? Is your hair thinning? Do you feel exhausted most of the time? Is recovery after exercise too long?

You may be surprised to learn some of the psychological problems low HGH is also likely to cause. Problems like: anxiety or nervousness, sadness or depression, feelings of hopelessness, shyness and withdrawal from others.

If you can identify with the above symptoms, the medical staff at 25 Again may be able to help you.

We specialize in treating adults, in otherwise good general health, who are experiencing symptoms associated with low HGH levels enabling them to lead healthy, active and vigorous lifestyles.



What is HGH?

HGH is a hormone. Hormones can be thought of as “messengers” that are produced by the endocrine glands and then sent all over the body to simulate specified activities.

Growth, digestion, reproduction, and sexual function are all triggered by hormones and they all depend on each other to work properly. HGH in particular, is critical for tissue repair, healing, muscle growth, bone strength, brain function, physical and mental health, energy and metabolism.

The production of HGH, and its metabolite IGF-1, decreases with age, approximately 2-4% each year on average. We normally produce about

800 micrograms of HGH daily at age 20. By age 80, the daily production falls to 60 (or less) micrograms and many doctors consider IGF-1 levels below 200 ng/dl to be HGH deficient.

In August of 1996, the FDA approved injectable r-DNA HGH for the use in adult patients for the first time. Before this change, it was only authorized for the use to help children grow a few more inches if they had very short stature.



Coping with adult growth hormone deficiency (AGHD)

The medical term for low HGH in adults is Adult Growth Hormone Deficiency, or AGHD. This can mean you experience several different symptoms, many of which directly affect not just your body but also your mood and emotions.

This is thought to occur because HGH plays an important part in managing psychological feelings besides helping growth and other physical processes to occur.

Listed below are some of the most commonly reported symptoms experienced by people with AGHD. You should know that not everyone with AGHD experiences all of these symptoms, but if you are experiencing them, there are effective HGH therapies available if you qualify for treatment.

Physical Symptoms:

- Decreased sexual desire
- Weight gain
- Lack of energy or fatigue
- Muscle weakness
- Sleep problems

Psychological Symptoms:

- Sadness or depression
- Nervousness or anxiety
- Withdrawal from others
- Feelings of hopelessness
- Shyness

Effects of HGH

The first major study showing the promise of HGH therapy was published in the *New England Journal of Medicine* (Rudman; 323:1-6 1990). This study was orchestrated by Dr. Daniel Rudman. It divided 21 men (between the ages of 60 and 80) with IGF-1 levels less than 350 IU per liter into two groups: 12 test subjects and 9 control subjects.

A six-month period of data collection was followed by a six-month period in which the 12 test subjects received HGH injections and the 9 control subjects did not. The results were promising: increases in lean muscle mass, decreases in adipose fat tissue, and increases in vertebral bone

height. All test subjects had measurable increases in HGH levels, as measured by IGF-1 blood values.

The control group had none of these results. The effects of six months of HGH on body mass were equivalent in magnitude to the changes incurred during 10-20 years of aging. This study has become the definitive point of reference for all HGH therapy protocols.

Since Rudman's landmark study, leading physicians and healthcare professionals worldwide have performed many studies and the current consensus amongst these specialists is that HGH is effective and safe.

Potential Effects of HGH therapy:

- SKIN- Increased skin elasticity, texture, and tightness
- ENERGY- Increased energy and emotional stability
- BONE- Improved bone strength
- SEXUAL POWER- Increased sexual potency and frequency
- MUSCLE- Increased muscle strength and mass
- FAT- Decreased fat tissue
- MEMORY- Improved mental functioning and strength
- HEART- Improved cardiovascular strength and lower blood pressure
- KIDNEY- Improved kidney function
- IMMUNE SYSTEM- Improved immunity and healing
- HAIR- Improved hair texture
- CHOLESTEROL- Elevated HDL and lowered LDL

A great deal of research on HGH has been conducted, carefully monitoring and evaluating the effects, protocols and patients of HGH therapy. Many of our physicians are leaders in the field of HGH therapy.



An introduction to Testosterone Therapy

You may be reading this because you are not your normal self.

You're lethargic and your energy level is not what it was... Your body is becoming soft and flabby... You're having problems with focus and concentration... Your sex drive is down and you may be having difficulties achieving an erection.

According to the U.S. Food and Drug Administration (FDA) 4-5 million American men may suffer from low testosterone, but only 5% are currently treated. What about the remaining 95%? Could you be one of them?

The First Step-Detection

When it comes to treating and eliminating the symptoms of low testosterone, detecting the problem is a critical first step. Are your testosterone levels low?

Take the 10-point quiz below to find out:

1. Are you over 35?
2. Do you have poor muscle tone?
3. Are you prone to weight gain, particularly around the mid-section?
4. Do you frequently feel weak and tired without any apparent reason?
5. Is your recovery from exercise low?
6. Do you have a low sex drive or symptoms of sexual dysfunction?
7. Do you feel depressed, irritable or unmotivated?
8. Do you have difficulty coping stress?
9. Do you have trouble getting a good night's sleep?
10. Do you smoke cigarettes, drink alcohol, or take prescription meds?



If you answered “yes” to more than half of these questions, chances are your testosterone levels are less than optimal and you may be deficient. You may be going through the male menopause, a condition known as Andropause.

Andropause refers to a set of gradual physical and psychological changes that men generally go through. Every man experiences a decline in bio-available testosterone, but some men’s levels drop lower than others.

Testosterone therapy is the best treatment option for Andropause and may also prolong lifespan by reducing the severity of age associated diseases that are among the leading causes of disability and death.



What is Testosterone?

Testosterone is a hormone produced in the testes of men. Testosterone is responsible for the development of male characteristics such as body and facial hair, muscle growth and strength, and a deep voice.

Normal levels of testosterone also influence the production of sperm and promote sex drive. Though testosterone is thought as an exclusively male hormone, it is not unique to males. Testosterone is also produced in the ovaries and adrenal gland in women and starts to decline as women age too.

When does it decline?

Testosterone begins to decline in men at about age 25. Testosterone levels decline gradually over the years and because it comes on slowly, most men often accommodate to symptoms and do not realize how much they have lost.

Many men, after 35 or so, often have a hard time rising to the occasion and challenge of daily stress. It has only been recently that Andropause has received attention and recognition, but why the holdup?

Doctors and scientists are well aware of the ramifications due to the absence of estrogen and progesterone in women. In the meantime, men have kept their focus from themselves and their own hormonal induced weaknesses. Why?

The fact that a decline in testosterone comes on so gradual, is the reason why many men accommodate to the change. When the change happens we put it down to being “burnt out at work”, having a “mid-life crisis” or “just getting old.”

Ignorance. Men do not talk or complain since it is not the “manly thing to do.” we are taught to rise above our afflictions and never give the slightest indication of weakness.

Male pride is often our greatest strength and our greatest weakness! We are blasted with a reality check during our forties. We are told that the problems we are experiencing are all part of aging and we should throw in the towel and “settle” into old age.

At 25 Again, our patients talk openly about their symptoms and what they are going through. But each of them would also admit that they had difficulty making that first call and they still cannot admit or talk to their friends about their dysfunctions associated with low testosterone.

Benefits of Testosterone Therapy

Individuals who receive testosterone therapy regularly report that they feel sexier, stronger and healthier. They say that it makes them feel as if they did when they were in their prime.

Testosterone therapy can stop and reverse the physical decline that robs men of their energy, strength, and libido. Testosterone can restore muscle tone and improve stamina. Testosterone can restore healthy sexual excitement and desire, in which in turn, results in an improvement in mood and overall well-being.

All too often, men automatically assume that as they age, their sexual capacity will diminish. There is no need to accept this loss of sexuality. We should be able to live our life with the same excitement and enthusiasm we enjoyed during our youth.

We live in a age where we can take an active role in our healthcare. Hair transplants, plastic and cosmetic procedures are readily available for men. Testosterone therapy is another choice we have and deserves serious consideration.

Potential Testosterone Therapy BENEFITS:

- MUSCLE- Increased muscle strength and mass
- SEXUAL POWER- Increased sexual potency and frequency
- CHOLESTEROL- Lowers cholesterol levels
- ENERGY- Increased energy, stamina and endurance
- MEMORY- Improved mental functioning and ability
- MOOD- Improves mood and feeling of well-being
- HEART- Protects against heart disease
- CONCENTRATION- Improved concentration and focus



Facts about Testosterone

- Testosterone starts to decline in our mid-20's. This is when the aging process begins in earnest.
- It is estimated that testosterone levels will drop to abnormally low levels in 20% of men after age 50.
- In men over 40, lower testosterone levels affect physical, sexual and cognitive function.
- Low testosterone levels are not "normal for your age." Andropause is a health problem that requires treatment.
- A 40 year old man has less than half of the testosterone of a 25 year old man.

Testosterone therapy is not for everyone. Individuals with certain medical conditions should avoid testosterone therapy and our medical team only prescribe testosterone therapy after a comprehensive in-house medical evaluation.



25 Again FAQ's

How do I get started?

Call 25 Again to get started today. The process starts with a blood test and a local lab.

How are hormones optimized?

Testosterone is administered using subcutaneous pellets, injections or transdermal topical cream. Estrogen too can be administered via pellet and progesterone is best taken via a specially formulated cream or in tablet form. Oxytocin, DHEA, melatonin and thyroid hormones are taken orally by pill. HGH is taken by injection only.

Do you accept insurance?

No. In order to provide the best treatment options, we do not accept any third party payments including insurance, Medicare or Medicaid. In addition, we will not fill out any paperwork or respond to any inquiry from insurance companies. We will however provide a list of codes for treatment that may be used for reimbursement from your insurance company.

Is hormone therapy safe?

Yes. Although no medical treatment is completely risk free, there are numerous studies that have come out over the past years that have attested to the general safety of bio-identical hormone replacement. Remember, all programs are medically supervised and proven safe and effective. We only prescribe physiological dosages and we use only bio-identical hormones in our therapy.

Are there side effects?

As with any medical program there is always a chance of side effects. Because our doctors only prescribe medically appropriate dosages, the potential for side effects is minimized. In fact, less than 5% of our patients experience minor side effects. These side effects generally go away by reducing the dosage of the medication. All of our programs include follow up lab testing to ensure the correct dosage and minimize side effects even further.

When should I think about replacing my hormones?

In the average man and woman, hormones start to decline in the mid to late twenties. By age 35, declines are sufficient that symptoms may be evident. The best time to start replacing hormones is when you start to notice symptoms that affect your quality of life. In most people this happens between the ages of 35 and 50. However, we have men in their 80's that have successfully benefited from our specialists.

Will hormone therapy help sexual dysfunctions?

Sexual dysfunction can have many causes; however replacing hormones can lead to significant improvement. We suggest raising your testosterone to a healthy level to boost your sex drive. If there is still need for assistance, there are other treatment options available after talking to a doctor. If testosterone levels are low, hormone replacement has been successful in 90% of patients with sexual dysfunction.

ALLEVIATE YOUR SYMPTOMS TODAY.

25 Again specializes in hormone therapy for men and women. Hormone therapy is a medical treatment, focused on regaining and maintaining good health and wellness.

GET STARTED NOW AT [25AGAIN.COM](https://25again.com)



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