

The BioMed Approach to Hormone Health

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The BioMed Approach

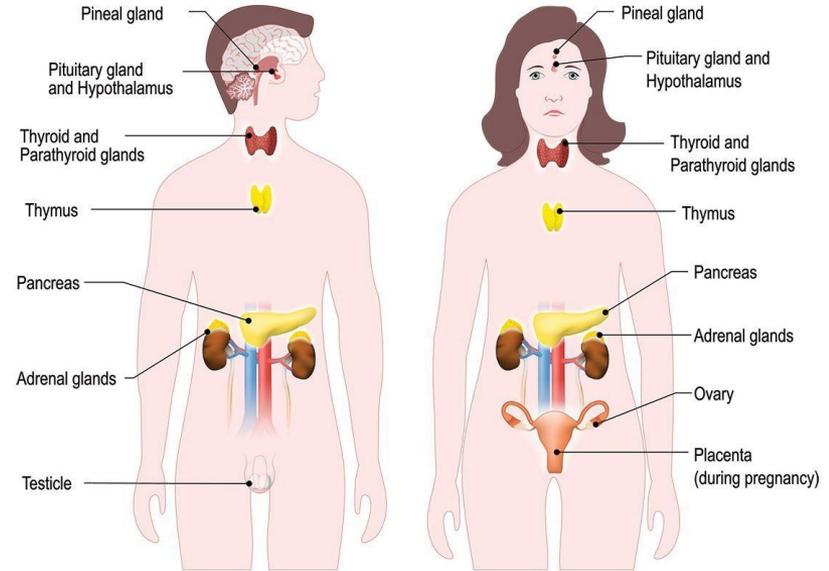
- Prevention-focused medicine
- Belief that the body has the **INNATE ABILITY** to **Regulate, Adapt, Regenerate, HEAL!**
- All the systems of the body communicate with the shared goal of **HOMEOSTASIS AND SURVIVAL!**



What are Hormones?

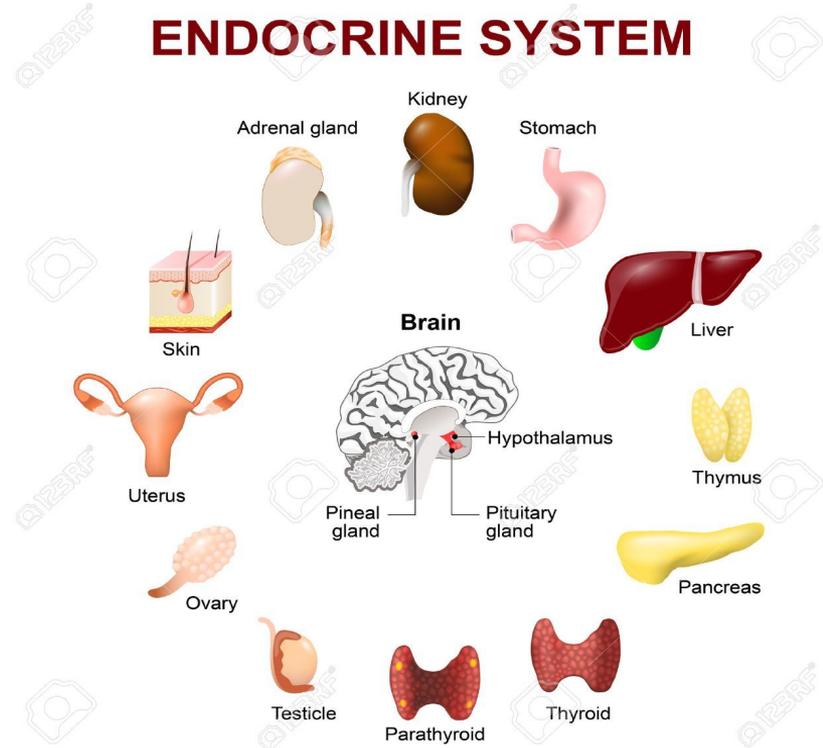
Chemical messengers that travel through the bloodstream to tissues and organs.

- Growth and development
- Metabolism
- Sexual function
- Reproduction
- Mood



Over 50 Hormones in the Human Body!

- We all think of ESTROGEN & TESTOSTERONE
- But there are many other very important hormones:
 - Thyroid
 - Insulin
 - Serotonin
 - Cortisol
 - Adrenaline
 - Growth hormone



Why are Hormones Important?



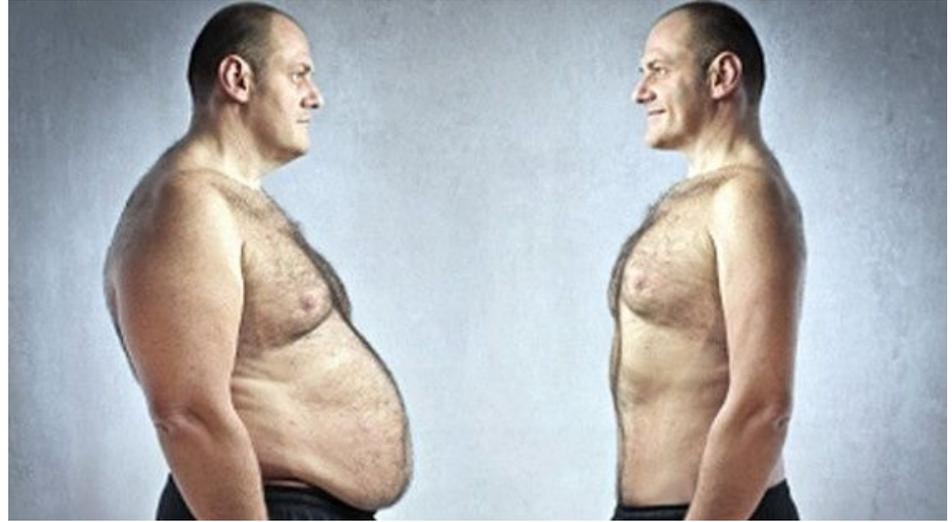
Normal aging: Female

- Post-menopausal
- Hypertension
- High cholesterol
- Pre-DM or Type II DM
- Visceral/Ab fat/Obese
- Memory/Brain fog
- Fatigue/Less physical activity



Normal aging: Male

- Decreased muscle mass
- Increased subq/visceral fat
- Increased cholesterol
- Increased inflammation
- Atherosclerosis
 - HTN / CAD / CHF / MI / CVD / CVA
- Increased fat - reduced insulin sensitivity - increased BG - pre-DM/type II DM
- Decreased bone density - deterioration of muscle, ligaments, joints, tendons, bones, skin



Still normal and expected

- Osteoporosis
- HTN
- Type II DM
- CHF/CAD/PAD/Renal/COPD
- Loss of muscle mass
- Weakness/balance/frailty
- Falls/fractures
- Dementia/Alzheimers

