

Balance Your Hormones, Balance Your Life

GAIL M. GAGNON, D.O.

BIO-IDENTICAL HORMONES • FUNCTIONAL
MEDICINE

Hormonal imbalance leads to disruption of health, often resulting in a negative impact on one's quality of life. You do not have to go through life suffering from the negative effects from a hormonal imbalance. Hormones are essential for every activity of daily living and need to be maintained and balanced throughout your entire life. A common misconception is that hormones only have an effect on puberty, pregnancy and menopause. Hormones also play a role in digestion, growth, metabolism and mood control.

Hormone deficiency can be treated with several options, including Bio-Identical Hormone Replacement Therapy. This therapy uses Bio-Identical Hormones: hormones that look and act just like your own, without the side effects often associated with synthetic hormones. Bio-Identical hormones are used for the treatment of, but not limited to, the following diagnosis and symptoms:

Menopause/Perimenopause/Pre-Menstrual Syndrome/Fibromyalgia/ Chronic Fatigue Syndrome/Hypothyroidism/Adrenal Fatigue

Night Sweats	Hot Flashes	Joint Pain
Depression	Vaginal Dryness	Dry Skin/Hair
Insomnia	Fatigue	Decreased Memory/ Concentration
Decreased Sex Drive	Anxiety	Irregular menses
Decreased Muscle/ Increased Fat	Panic Attacks	Sugar Cravings
	Stress Incontinence	Mood Swings

Andropause (Male Menopause)

Erectile Dysfunction	Decreased Memory/ Concentration	Insomnia
Decreased Sex Drive	Depression	Irritability
Decreased Muscle/ Increased Fat	Fatigue	Anxiety
		Low Self-Esteem

Bio-Identical hormones are safe and effective (Fournier et al, Breast Cancer Research and Treatment, 2008 Jan.). They have been used successfully by physicians for more than 50 years. Bio-Identical estradiol, progesterone and testosterone are U.S. FDA approved. They are made from natural plants (i.e., wild yams) by a compounding pharmacy. Bio-Identical hormones are custom-tailored to each patient's needs, because one size does not fit all. Bio-Identical hormone replacement therapy is an option that all women and men should consider if they are experiencing symptoms of hormone imbalance and desire to restore balance in their life. How soon do you want to start feeling better?



Gail M. Gagnon, D.O., has provided quality health care for more than 24 years. She is board certified in Family Practice and completed a Fellowship in Anti-Aging and Functional Medicine. Dr. Gagnon specializes in the treatment of Menopause, Perimenopause, PreMenstrual Syndrome, Andropause (Male Menopause) and Functional Medicine.

I have treated thousands of patients successfully with Bio-Identical Hormone Replacement Therapy (BHRT) and I am my first patient. I suffered for more than 10 years with many of the symptoms you see listed to the left. I found that traditional medicine could not help me. After researching and investigating multiple alternative forms of treatment, I discovered BHRT. This therapy significantly improved the quality of my life, and changed the focus of my career in medicine.

I am conservative in my approach to BHRT. I replace only deficit hormones identified through comprehensive testing, thus creating a customized treatment plan to help my patients achieve optimum health and a balanced lifestyle. I look forward to working with you to help you achieve these goals.

For more information, or to request an appointment, contact:

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