



All your local doctors in one convenient location

## GET TO KNOW YOUR LOCAL DOCTORS

### Women's Integrative Health

Specialty: Obstetrics/Gynecology

Women's Integrative Health is a local, OB/GYN group specializing in natural and minimally invasive medicine with emphasis in providing quality care.

The group's three board certified OB/GYN physicians - Angelica Zaid M.D., Sieu Truong M.D., and Samina Makani M.D. - are dedicated in creating a friendly, safe environment for patients.



Some of their services and specialties include: natural & safe obstetrics, bio-identical hormone therapy, fertility, and minimally invasive procedures.

For more information or to schedule an appointment, visit [encinitasobgyn.com](http://encinitasobgyn.com) or call (760) 635-3777.



**NORTH COAST**  
HEALTH CENTER

477 N. EL CAMINO REAL  
ENCINITAS, CA 92024

For more than 25 years, physicians and dentists at North Coast Health Center have been providing highly personalized care to coastal north San Diego County. With more than 250 physicians and dentists to choose from, North Coast Health Center patients have access to primary care, a surgery center, pharmacy, lab, imaging, and over 45 medical and dental specialties all in one convenient location.

# Ask the EXPERT 2016

## WHAT IS BIOIDENTICAL HORMONE THERAPY?

As a group of three board-certified OB/GYN physicians, Women's Integrative Health is a practice focused on natural and minimally invasive medicine with an emphasis in providing quality care. One therapy that the practice offers is bioidentical hormone therapy.

Below are some insights from the practice's founding physician Dr. Angelica Zaid into the therapy and its importance to women's health.

**Question: Bioidentical hormone therapy (BHRT) has received a lot of attention in the media and medical community. Can you please define it as it applies to your patients?**

**Answer:** BHRT refers to hormonal therapy that is biologically identical to natural human hormone formulas, which the body recognizes and knows how to metabolize without any foreign metabolites forming. A non-bioidentical formula like Premarin (made from pregnant mares' urine) would make foreign metabolites.

**Q: What are the most important applications of the therapy, i.e. menopause relief?**

**A:** The most common uses of BHRT are for perimenopause and menopause symptom relief, most commonly: Hot flashes, night sweats, vaginal dryness, irritability, brain fog, insomnia, low libido, fatigue and hair loss. Commonly used hormones for these purposes can include: Estrogens, testosterone, progesterone, thyroid, vitamin D and adrenal hormones.

**Q: Is it a safe, effective approach?**

**A:** Hormone therapy is the most effective approach for hormone changes seen around menopause. BHRT is the safest due to its composition, but must be individualized to patient's needs, risk factors, and family history.

**Q: Can you walk potential patients through the process of what actually happens if they decide to undergo the therapy?**

**A:** Usually patients have a consult with our gynecologists to report their symptoms, and to discuss what feels out of balance, as well as their goals. After reviewing their patient history and making sure their preventive testing is up-to-date (annual exam, pap, DXA scan, breast studies, etc.), patients consider hormone testing and start on an individualized BHRT plan. These plans are fulfilled sometimes through a traditional pharmacy and sometimes through a compound pharmacy, which makes medications from scratch according to the doctor's orders.

**Q: What sets your practice apart when it comes to administering bioidentical hormone therapy?**

**A:** We are an all-female group of medical doctors interested in being a part of our patient's team as she goes through her next phase of life. Many other GYN practices might shy away from menopausal topics. Some practitioners of bioidentical hormones recognize the uniqueness of these hormones and their benefits, and only take cash, but we accept most major PPO insurance plans and Medicare for our patient visits. Our practice is a comprehensive gynecology office that enjoys taking care of the perimenopausal and menopausal patient, keeping in mind all of the possible changes occurring simultaneously. Sometimes BHRT will be part of a patient's regimen and sometimes it won't, always focusing on optimal health and cancer prevention. Since not everyone will take bioidentical hormones, we also offer herbal remedies or refer to local alternative practitioners with other tools.

Women's Integrative Health is located at 477 N. El Camino Real Suite C304 in Encinitas. Visit [www.encinitasobgyn.com](http://www.encinitasobgyn.com) or call 760.635.3777 for more information.

To find the right doctor for you, visit:

[www.NorthCoastHealthCenter.com](http://www.NorthCoastHealthCenter.com)

