Bio-identical Hormone Optimization Therapy

A Guide to Safe and Effective Hormone Optimization
Experiencing weight gain, fatigue, low sex drive, anxiety, or irritability?
Do you have trouble focusing or does your mind feel foggy?
Do you have trouble sleeping?
Are you frustrated with the symptoms of menopause?

These are all common symptoms that most of us experience as we age. But what you may not realize is that these symptoms are often a sign of a hormonal imbalance.

As you age, hormones naturally decline. Many of the clients we have successfully treated at Nava Health and Vitality Center reported initial concerns such as:

- I’m eating healthy and staying active, but I’m still gaining weight.
- I don’t have the energy to make it through the day.
- I am having trouble sleeping and/or waking up.
- I’m just not that interested in sex anymore.
- I just don’t feel as focused as I used to.

But you don’t have to suffer any longer. Hormone imbalances may be the root cause of these issues, and our hormone optimization protocol can address those imbalances and get you back to feeling your best. Maintaining optimized, balanced hormones can deliver high levels of energy and stamina, sharper mental acuity, optimal weight, increased lean muscle mass, enhanced sex drive, and improved long-term health. Even more, many people don’t realize that the benefits of hormone optimization go well beyond the immediate impact, as they also have long-term heart, brain, and bone health benefits.

We will work with you to renew your body and improve your overall wellness. By bringing your hormones back to optimal levels, you can feel like yourself again for the rest of your life.
The Natural Decline of Hormones in the Body

As we age, our hormone levels naturally decline, leading to many common symptoms associated with the expected side effects of aging. Keeping your hormone levels balanced at optimal levels is the key to feeling your best.

Common Symptoms of Hormonal Imbalances
- Weight gain
- Insomnia
- Fatigue
- Loss of lean muscle mass
- Brain fog

- Lack of focus
- Irritability
- Anxiety
- Low sex drive
- Hot flashes (women)

Nava’s bio-identical hormone therapy achieves a balanced, optimal level of hormones for men and women. Nava’s hormone clinic published a critical study in 2013 in the Journal of Clinical Endocrinology & Metabolism that shows for every 100 points that a man’s testosterone falls below 900, his risk for all diseases increases, and for testosterone levels below 600, his risk for all causes of death increases. This study demonstrates that male testosterone levels should exceed 900 to reduce the risk of various diseases.

Hormonal Imbalances May Lead to Certain Diseases
- Heart disease
- Breast cancer
- Prostate cancer
- Colon cancer
- Alzheimer’s

- Dementia
- Osteoporosis
- Diabetes
- Rheumatoid arthritis

Source: BioTE Medical; Association of Specific Symptoms and Metabolic Risks with Serum Testosterone in Older Men, M Zitzmann, S Faber, E Nieschlag, July 2, 2013

Source: BioTE Medical
The Benefits of Bio-identical Hormone Optimization (BHRT) for Men & Women

It’s simple – if you don’t have proper hormonal balance, you’re not going to feel your best, and your long-term health could be impacted as well. When hormones are properly balanced, most people report feeling more energized, sharper mental agility, a much stronger sex drive, better sleep, increased muscle tone, more emotionally settled, younger and overall much better. What’s more, balanced hormones mean optimal body functions, furthering the positive effects of eating right and exercising. To address the symptoms many women experience in perimenopause, menopause and post-menopause – weight gain, insomnia, fatigue, loss of lean muscle mass, brain fog, hot flashes, irritability, anxiety, and low sex drive – our medical experts can work with you to bring your hormones back up to optimal levels.

Our male clients frequently report symptoms quite similar to those of women, which is commonly referred to as andropause. Testosterone levels decrease for men as they age, leading to a decline in functions not only related to sex drive but also to mood, energy, blood sugar, sleep patterns, muscle tone, stamina, weight gain, athletic performance, and more.

While hormone optimization can work to address these recognized symptoms of aging, it can also work toward improving your overall health in the future. Hormones are an important part of the long-term prevention of illness and disease, particularly for your heart, brain, and bone health. In the long term, BHRT has been shown to improve the quality of life while also increasing bone density and muscle mass specifically, according to a study published by Contemporary OB/GYN Journal (August 2012, Vol. 57, Issue 8). In addition, according to the same study, hormone optimization can substantially reduce the risk of Alzheimer’s disease and other causes of cognitive decline, as well as the risk of heart and blood vessel disease, osteoporosis, insulin resistance, and more.
Frequently Asked Questions About Hormone Optimization

What are hormones, and why are they important?

Hormones are the body’s communication system from one organ to another. As we grow older, the levels of certain crucial hormones within our bodies start to decline. This decline of hormone levels is often associated with a loss of vitality and other common symptoms. There are many kinds of hormones in the body, and each plays a vital role in keeping the whole system healthy. In our Hormone Optimization Therapy, the three critical hormones we monitor in women are estrogen, testosterone, and progesterone, while the two critical hormones we monitor in men are testosterone and estrogen. Other hormones, including the adrenal and thyroid, also need to be managed, and NAVA has specific programs to address these as well. Your hormones work to control areas such as stress, metabolism, aging, mobility, immune system, and even sleep. When the levels of all vital hormones begin to decline, most notice a deterioration in how their body and mind perform. Treating symptoms by balancing hormones to optimal levels can allow an individual to regain metabolic functions and achieve the increased health necessary for maintaining a high quality of life.

What’s the best age to consider hormone optimization?

Most people should have their hormones checked by age 40, or earlier if they are experiencing symptoms of menopause or andropause. At Nava, we believe taking an active role in addressing health symptoms before they become a problem is the best way to prevent illness and optimize your wellness for the long term.

Is hormone optimization safe?

At Nava, all of our bio-identical hormone optimization therapies are physician-supervised and closely monitored to help ensure safety and efficacy. Unlike many other therapies offered by traditional medicine, our hormones are all non-synthetic and have a chemical structure that’s identical to the hormones made by the body.

The key to success is working with expert medical practitioners who have many years of experience in hormone optimization, like those at Nava, that will create a custom program based on your specific needs and regularly monitor your progress. One recent study by the Postgraduate Medical Journal (January 2009, Vol. 121, Issue 1) showed that bio-identical hormones are more effective than synthetic hormones, and are clearly associated with reducing long-term risks associated with heart, bone, and brain health.

It’s important to carefully select your medical practitioner and ask questions about the pharmacy

Is hormone optimization right for me?

If you’re a woman experiencing unpleasant hormonal side effects due to perimenopause or menopause, or if you’re a man experiencing the effects of a possible decline in testosterone, then one of Nava’s bio-identical hormone optimization therapies can help improve your health and wellness. Weight gain, fatigue, brain fog, trouble sleeping, low sex drive, anxiety, loss of muscle mass – all of these may be signs of a hormone imbalance in your body. If you are not willing to accept these symptoms as a part of aging and want to regain energy and performance while strengthening your heart, brain, and bones in the long term, then bio-identical hormone optimization therapy may be right for you.
from which they procure their hormones. At Nava, we work only with compounding pharmacies that adhere to the highest accreditation and quality assurance standards to ensure the quality of the bio-identical hormones we are using.

Why do some people think hormone therapy has high risks?

Some people are skeptical of hormone therapy and believe it carries with it a higher risk of heart disease and breast cancer. This belief stems from a historic 2002 study by the Women’s Health Initiative that found that women taking synthetic hormones—hormones that were not bio-identical—had a higher risk for these diseases. Synthetic hormones are foreign to the body and, as such, carry higher risks for diseases such as breast cancer, heart disease, blood clots, stroke, and dementia. Nava uses only bio-identical hormones, which are exact matches to your body’s natural hormones and have not been shown to increase the risk of heart disease. In fact, some studies show bio-identical hormone therapy may even decrease the risk of heart disease and breast cancer.

What is the difference between “bio-identical” & “synthetic” hormones, and why are bio-identical hormones better?

Bio-identical hormones—the kind used at Nava Centers—are designed to match identically the molecular structure of natural hormones that your body already produces. This allows our bio-identical hormones to bind to your body’s hormone receptors the same way your naturally produced hormones do. Your specific hormone dosage will be individually tailored to provide optimal results.

The main difference between bio-identical hormones and synthetic hormones is their chemical makeup. Synthetic hormones are not identically matched to those made naturally by the human body. As such, synthetic hormones don’t act the same as human hormones in the body, and this is what can lead to health issues and disease. Bio-identical hormones are associated with lower risks, including the risk of breast cancer and cardiovascular disease, than synthetic alternatives.* Synthetic hormones, because they don’t match exactly with what the body naturally produces, can be patented and sold for profit by pharmaceutical companies. Bio-identical hormones cannot be patented, as they match chemical hormones already found in the human body.

Do women really need testosterone?

Absolutely! Like men, testosterone levels begin to drop in women in their late 20s and are often severely depleted by their early 40s. Testosterone is essential for the female body, and maintaining optimal levels can lead to improved weight loss, sex drive, mood, muscle tone, and overall well-being. Most importantly, optimized testosterone levels can also help women keep their bones healthy, preserve cognitive health, enhance heart health, and manage pain levels. Nava practitioners will perform a detailed Wellness Diagnostic for you to determine what your current testosterone levels are and whether or not you are a good candidate for hormone optimization.

Do men really need hormone replacement?

Yes! Testosterone levels start to decrease and estrogen levels increase in men as early as their late 20s but most significantly in their 40s and 50s. This change in hormone levels, known as andropause, is increasingly common as men age, with symptoms ranging from low sex drive, loss of muscle mass, depression, irritability, brain fog, lack of focus, and increased body fat. By taking advantage of our advanced in-depth Wellness Diagnostic testing, you can determine whether your symptoms are attributable to a change in hormone levels, and our physicians can set out your personalized plan to address it.
Nava’s Unique Approach to Hormone Optimization

The Nava Method™ was developed by our team of medical experts as our proprietary approach to improving the overall health and wellness of our clients. Using the Nava Method™, our team focuses on your specific concerns along with the comprehensive lab results so we can personalize your exclusive hormone optimization treatments and track your continued success.

Our approach begins with a simple two-step process.

STEP 1
The first step is a thorough assessment by a Nava medical practitioner that includes a review of your medical history and a series of questions developed to fully understand what you are feeling and experiencing as well as understanding your goals. This 30-minute assessment is critical to begin the process and get you on the road to success. This is also when we conduct extensive lab work, done right in our Center, consisting of an analysis of 65 biochemical markers (more than twice what a typical physician tests) in addition to looking at key food sensitivities.

STEP 2
The second step is a 45-minute appointment with a Nava physician, who will review your Custom Vitality Plan, the personalized road map compiled from your lab results, personal assessment and medical history. Our physician will also review the results of the lab work so you are fully versed on your results. We will work together with you to guide you and help you make an informed decision regarding the next steps to achieving your goals.

By conducting a comprehensive examination of your existing hormone levels, a Nava physician identifies the possible causes of your imbalance or deficiency to determine the best approach to get you back to an optimal balance. Once your preferred regimen has begun, our medical staff will provide continued careful monitoring, advanced diagnostics, and ongoing support in order to ensure safety and results.

WE BELIEVE YOU DON’T HAVE TO SETTLE AND SHOULD BE ABLE TO FEEL YOUR BEST AT ANY AGE
Medical Director
Douglas Lord, M.D.

Over the course of his 40-year career in medicine as an OB/GYN, Dr. Douglas Lord has become one of the area’s most highly respected practitioners and an expert in alternative integrative wellness.

As our Medical Director, Dr. Lord has developed and implemented our Nava Method™—our proprietary approach to total body wellness. After serving as Chief Resident at George Washington University, Dr. Lord has since practiced medicine in the Washington, D.C. metropolitan area, where he introduced the innovative concept of family-centered obstetrics. Dr. Lord has been specializing in hormone therapy for many years and has extensive experience balancing hormones in both men and women. At Nava, Dr. Lord continues to work to create the best experiences for our clients by ensuring they have access to the most recent advances in integrative wellness.

Medical Advisor
Mark Sivieri, M.D.

Bringing with him more than a decade of experience in integrative wellness, Dr. Mark Sivieri has played an integral role in the creation of Nava’s unique approach—from the development of Nava’s revolutionary protocol to assembling a diverse team of passionate, capable, and highly experienced practitioners.

Mark oversees the training of Nava physicians, and together they have developed a thorough science-based algorithm and a groundbreaking protocol that is consistently evaluated, refined, and enhanced to provide the best possible experience and results for our clients. A graduate of Georgetown University’s School of Medicine, he has developed an outstanding reputation for his holistic and integrative care. Dr. Sivieri is a strong believer in getting healthy, being healthy, and staying healthy, which he practices in his personal life and as a physician.