



GRIFFIN MEDICAL GROUP
Center for Anti-Aging
& Aesthetics
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griffinmedical.com



1650 Adams Ave. • Costa Mesa, CA 92626

Phone: (714) 662-2711 • Fax: (714) 549-6552
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Please call for a consultation.

We specialize in...

- Anti-Aging
- Bio-Identical Hormone Replacement
- Testosterone
- Erectile Dysfunction
- Thyroid Hormone Replacement
- Human Growth Hormone
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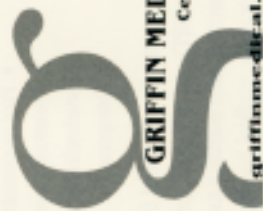
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WHAT ARE BIO-IDENTICAL HORMONES?

Bio-identical hormones have the same chemical structure as hormones that are made by the human body. The key to natural or bio-identical versus synthetic non-bio-identical is the molecular structure of the hormones. In order for replacement hormones to fully replicate the function of hormones which were originally naturally produced and present in the human body, the chemical structures must exactly match the originals.

Researchers have long held that there are significant differences between hormones that are natural to humans (bio-identical) and synthetic non-bio-identical (including horse) preparations. Structural differences that exist between animal or synthetic non-bio-identical hormones and human hormones may be responsible for side effects that are experienced when animal or non-bio-identical hormones are used for replacement therapy. The term "bio-identical" does not indicate the source of the hormone, but rather indicates that the chemical structure of the replacement hormone is identical to that of the hormone naturally found in the human body. Bio-identical hormones are chemically processed from precursors found in yams or soy plants, yet they are identical to the hormones produced by the human body. Hence the term "bio-identical plant-derived hormone." These hormones are able to follow normal metabolic pathways so that essential active metabolites are formed in response to bio-identical hormone replacement therapy.

Benefits of Bio-Identical Hormone Replacement

- ▶ Alleviate the symptoms caused by the natural decrease in production of hormones by the body
- ▶ Re-establish a hormonal balance
- ▶ Give the protective benefits which were originally provided by naturally occurring hormones

Bio-Identical HRT has been used successfully for:

- Dysmenorrhea (cramps)
- Premenstrual Syndrome (PMS)
- Infertility/Endometriosis
- Irregular menstrual periods
- Fibrocystic breasts
- Premenopausal symptoms
- Weight gain
- Mood swings
- Reduced libido
- Vaginal thinning/Dryness
- Painful intercourse
- Hot flashes
- Night sweats
- Depression
- Poor concentration/Memory lapses
- Insomnia/Disrupted sleep
- Arteriosclerosis
- Osteoporosis

The three types of hormones typically prescribed for bio-identical

Estrogens:

- ▶ estrone (E1), estradiol (E2), and estriol (E3) are often prescribed in combination to re-establish a normal physiologic balance
- ▶ relieve menopausal symptoms, including vaginal thinning and dryness
- ▶ may increase HDL, "good" cholesterol and decrease LDL, "bad" cholesterol
- ▶ help to decrease blood pressure and reduce plaque formation on the arterial walls
- ▶ reduce the risk of colorectal cancer
- ▶ may improve mood, energy levels, and sleep patterns
- ▶ may reduce the risk of developing or the severity of type 2 diabetes
- ▶ may improve memory and cognitive function
- ▶ reduce bone loss

Progesterone:

- ▶ is commonly prescribed for perimenopausal women to counteract "estrogen dominance"
- ▶ alone, or combined with estrogen, may improve Bone Mineral Density
- ▶ minimizes the risk of endometrial cancer in women who are receiving estrogen
- ▶ is preferred by women who had previously taken synthetic progestins, according to one Mayo Clinic study.
- ▶ may enhance the beneficial effect of estrogen on lipid and cholesterol profiles and exercise-induced myocardial ischemia in post-menopausal women (in contrast to medroxyprogesterone acetate)

Androgens, such as testosterone:

- ▶ enhance libido
- ▶ provide cardiovascular protection (lower cholesterol)
- ▶ enhance bone building (increase calcium retention)
- ▶ improve energy levels and mental alertness

