

## Case Study

# YES, YOUR SYMPTOMS ARE REAL— RENEW YOUTH GIVES A PHYSICIAN'S ASSISTANT HER LIFE BACK

RENEW YOUTH™

#### PATIENT:

Michelle Brooks\*

#### AGE:

53

#### BEGAN TREATMENT WITH RENEW YOUTH:

2015

#### SYMPTOMS:

Fatigue, decreased mental acuity, insomnia, dry skin, brittle hair, mildly depressed moods, irritability, decreased libido, and mild vaginal dryness

#### TREATMENT REGIMEN:

- Bi-estrogen cream (topically applied)
- Oral progesterone capsules
- Testosterone (topically applied)
- Thyroid (T3/T4 combination)

(All medications are bioidentical)

#### CHANGES:

Increased energy, improved sleep, decreased irritability, improved mood, decreased vaginal irritation, and improved mental acuity

**RENEW YOUTH™**

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Michelle Brooks was struggling to make it through her day. By the middle of the afternoon, she would often have to park her car and take a short nap. When she got home, all she wanted to do was curl up on the couch. She was having trouble staying organized and focused at work, and as a physician's assistant, this was not something she could afford.

### This Is Not Fine

Michelle went to her primary care physician. A few tests were run, after which Michelle was told that she was fine. But she knew she wasn't fine. She couldn't imagine having to live the rest of her life feeling this way.

Having hit a dead end with her own doctor, she decided to do some research on her own. Her symptoms all fell under those common in perimenopausal women, and she was 49. Why hadn't her physician mentioned this? Michelle had also faithfully gone to her yearly gynecological check-ups. Why hadn't her gynecologist mentioned anything?

Michelle looked for a local clinic specializing in hormone replacement therapy, but she found nothing. Her next step was to search online, which is how she found Renew Youth. "I spent a lot of time on that initial phone call talking about the symptoms I was having and the treatment I was hoping for," says Michelle. "The consultant took me seriously. She wasn't going to pat me on the head and tell me I was fine or that I just needed a vitamin."

### Symptoms That Sneak Up on You

Michelle didn't realize how much her symptoms were affecting her life until she finally received the treatment she needed. "They were insidious," she explains. "I didn't realize how much my mood

had been affected. Since starting the replacement therapy, my mood has been better—more positive."

She goes on to say that she has more energy. There's no more afternoon crash requiring a nap. She is no longer crawling to the end of her day. Besides having more energy, she's also more focused.

Before experiencing perimenopausal symptoms, Michelle would exercise three to four times per week. Once her symptoms appeared, that ended. "I had given up exercise," she recalls. "I couldn't find the energy to do it. Since starting treatment, I'm back to exercising regularly—five mornings a week at the gym."

### Women Should Not Delay

Michelle encourages other women her age to pay attention to their symptoms. "They are real," she says, "and there is treatment for them! We as women tend to discount our own symptoms." Michelle thinks many women will only realize how badly they felt once they are being treated. "They'll see that they've been missing out on their own lives and wonder why they didn't get help sooner."

Some of Michelle's friends have expressed trepidation at the prospect of undergoing hormone replacement therapy. "I don't think the word is out well enough to women in my age group that there are options out there," she says. "I just want women to feel like this is safe and that it's an appropriate treatment for them. They should absolutely commit to making themselves feel better."

Take it from someone who already feels better. Much better.

*\*Please note that names have been changed to protect patient privacy.*