Progestosterone 101: What You Need To Know

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Progestrone begins its slow decline in most women during their 30’s, the perimenopause. Some of the symptoms of low progestrone are bloating, headaches, painful periods, and tender breasts. Without progestrone, estrogen stimulates the lining of the uterus to thicken, leading to heavy, irregular periods. Women without progesterone may be irritable to the point of crying. Progesterone may be irritable to the point of crying. The lining of the uterus to thicken, leading to heavy, irregular periods. Women without progesterone may be irritable to the point of crying. Progesterone may be irritable to the point of crying. Woman cannot bear the loving touch of their spouse. Progesterin is NOT bio-identical progesterone. Remember, although bio-identical hormones may be made in a laboratory, they are an exact copy of the hormone found in a young woman. Progestin (cleverly marketed sound alike name to natural progesterone) can actually worsen symptoms of estrogen dominance. Progestin can promote weight gain, depression, migraines, and breast tenderness.

Ms. B., about 20 pounds heavier than she was at age 20, visited me with symptoms of swollen and painful breasts, excessive menstrual flow, bloating and weight gain—all typical of the low progesterone, estrogen-dominant woman. Insomnia resulted in daytime exhaustion and irritability. She was still having periods, but they were coming every 3-6 weeks, excessive, accompanied by pelvic cramping and migraines. Blood tests revealed several vitamin deficiencies, high estrogen, no progesterone, and low testosterone. I gave her progesterone in a capsule, an herbal preparation to stimulate weight loss, and extensive nutritional information along with Netflix documentaries for homework. I prescribed testosterone as a concentrated cream to apply a tiny precisely measured amount to the labia minora after a bath. I told her blood tests would be required after she had taken the hormones to make sure her hormone levels were equal to those of a young woman in the first 10 days of her cycle. We talked about the risk-benefit ratio for her in taking hormone replacement therapy. The risks which were demonstrated with the synthetic hormones and purported to occur with any type of hormone replacement therapy, including bio-identical, may be blood clots, cancer, and heart attack or stroke. Diet, omega 3 fish oil, and exercise help to manage these risks. Progesterone relieved the migraines, her periods became more normal, and her mood improved. She commented that sleep was wonderfully restful and night sweats had resolved.

Hormones can be prescribed as an implanted pellet under the skin, a cream, a capsule, or a vaginal suppository. Hormones decline as we age, but they can be restored. Progesterone can change your life for the estrogen dominant woman.


Nine New Year’s Resolutions for Your Eye Health

By Monica Allison, O.D.
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Because your eyes and vision are vital to most, if not all, of the resolutions that people make, it makes sense to have a list of New Year’s Resolutions for Your Eyes and Vision:

The Top Nine 2010 Eye and Vision New Year’s Resolutions:

1. Make sure that you have your eyes examined. Many conditions, such as glaucoma, start with no symptoms. Also, diseases such as diabetics and high blood pressure are frequently first detected with a dilated eye exam.

2. If you have children, make sure you have your children examined. Children who are in school should have their eyes examined every year (school and pediatrician vision screenings do not count).

3. If you should be wearing glasses for driving and you’re not, just do it. This is especially true at night, when vision is more difficult and bright lights make it harder to see.

4. If you smoke, quit. It has been clearly established that smoking can increase the risk of development of conditions such as cataracts and macular degeneration. Seek professional help to quit if needed.

5. Make sure your eyes have adequate UV protection. Your regular glasses, sunglasses, and contacts all have UV protection. Limiting UV exposure reduces the risk of skin cancer of the eyelids, cataracts, and other concern.

6. Wear your contact lenses no longer than recommended. If you abuse contact lenses, you put yourself at risk of eye infections that are not only painful but also have the potential to result in permanent vision loss.

7. Never “top off” contact lens solutions. Start each night with fresh solution. The majority of contact serious lens-related infections come from not taking care of them as recommended. Contacts are medical devices that only work well if they are cleaned regularly and appropriately.

8. Change your contact lens case monthly. Contact lens cases can contain microorganisms that are very difficult to remove. The best remedy is to start fresh with a new case. If you need a new one, stop by our office for a free one.

9. When you work at the computer, read, or play handheld games, take visual breaks to limit eyestrain. If you spend a significant amount of time on the computer, glasses specifically designed for the computer can reduce or eliminate eyestrain as well improve comfort of the neck.

If you need help with any of these, feel free to call 210-495-9020, visit us online at www.visionsource-stoneoak.com, or stop by the office at 19202 Stone Oak Parkway suite 106. Be Well in 2016!

Healthy Choices = Lifetime Resolutions

By Michelle Houriet, Executive Director
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It’s always the right time and right age to start exercising and monitoring your diet. If it takes making it your New Year’s Resolution, so be it! Any amount of exercise will improve your health. It seems many seniors feel uncomfortable when it comes to exercise, as some fear that it may be too strenuous, harmful, or that they won’t be able to keep up or know how to do it. The fact is... the more physical activity seniors participate in, the better their overall condition will be. It is important for strength, endurance, flexibility, balance, mental clarity, and so much more. No matter what, avoiding exercise is not the healthy choice!

Exercise routines for seniors focus on criteria designed for their activity level, rather than a “one size fits all” approach. Taking part will provide great benefits to our everyday routine of life. It is best to consult with your physician prior to beginning any exercise program, to ensure each particular move is good for you and ultimately “what the doctor ordered!”

Recognizing the need to promote a healthy lifestyle for seniors, the Texas Department of Aging and Disability Services has developed a Fitness program, called “Texercise.” It was developed as a statewide program to help educate seniors about the importance of sensible nutrition along with proper physical activity. The Texercise program outlines activities that one can do to cover all the above mentioned, while also enjoying the camaraderie of group exercise… keeping it fun and stimulating while getting healthy!

Nutritional information on food selections that are higher in fiber, protein, vitamins and minerals, flavorful and tasty are also provided to compliment any exercise program through Texercise. They also teach how your body uses these nutrients. Great tasting food that is good for you too… now there’s a concept! This combination of knowledge helps make being Fit Fun!

For the past 5 years, the Texercise Program has been offered at Independence Hill with great results. With a variety of scheduled exercise and physical fitness programs such as yoga, aquasize, zumba, and healthy menu selections, residents are enjoying an exceptional lifestyle. At Independence Hill, the ultimate goal is focused on what is in the best interest of the residents.

Remember, it’s never too late... NEVER! Contact Sherrill or Laura at (210) 615-4000 to learn more about Independence Hill Retirement Resort Community. We would love to treat you to a delicious lunch and tour to give you a little taste of this great lifestyle!

Step Into Decorating

By Mary Lozano-Jenkins
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The beginning of a New Year comes with excitement and novelty. The lists are written, the goals are set, and the beginning of the year is here.

After a few weeks of 2014 have passed, I can say that interior designing and decorating is at the top of the list for many of my clients...and for those potential clients that I have not met yet. 2014 brings a fresh new color palette for decorating and design. The big markets are here and we are excited about attending and seeing all the new items that are being introduced. Our vendors have been preparing for these markets for weeks.

Decorating Introductions:

• Our chocolate colors continue to lead the way with some beautiful spa blues and greens.

• Textures are again heavy with animal prints.

• Bling has come into our lives with our accessories and even new furniture lines.

• More functional tables are emerging to allow your TV and other tech to be used.

• Bugs are hotter than ever and so are drapes. Softness mixed with heavy textures dominate the window industries.

• Natural stones, bing, glass and mirrors are entering our lives in furniture as well as floor and wall coverings.

Call us for your consultations. With over 7,000 vendors, we are here to help you update, organize, and yes...furnish your home with gorgeous furniture, artwork and accessories.

Remodeling has been keeping us busy as well. Our MAGICAL MAKEOVERS are truly MAGIC. The Home Is Your Castle!

For more information, contact Mary Lozano-Jenkins, Registered Interior Designer at The Jenkins Group, Inc. Interior Decorator at (210) 490-0161 or via email at mjg@sol.com or jessicajenkins2@gmail.com. Visit us online www.thejenkinsinteriordesigngroup. com. Join The Jenkins Interior Design Group on Facebook, Twitter and on LinkedIn.