Hormones: Precisely Prescribed Produce Powerful Results

By Donna Becker, D.O.
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True stories: (1) A woman told me she had been instructed to rub in about ½ tsp. of over the counter progesterone cream each day for relief of hot flashes. (2) Another patient came to me saying she had been told to apply a man’s prescription testosterone gel, “a little dab,” to see if that would help with her lack of libido. She had done that, but wondered if it was too much or too little.

In the first example, progesterone cream is not well absorbed, thus blood levels remain less than optimal. Progesterone is the one sex hormone that is best prescribed orally or intravaginally. Progesterone acts on the brain to affect calmness, on the breast and uterus to down regulate estrogen. (YES, even if you had a hysterectomy, you do need progesterone if you want to be calm, sleep through the night and not blot.)

The pharmaceutical industry does not make a specific testosterone product for women, so some doctors just “off label” prescribe the male prescription to a woman, telling her to use just a little. (Off label means to prescribe a medicine other than for its intended use.)

Testosterone made for a man is far too potent, too strong, for women. Permanent, as in forever and ever, masculinizing effects could occur after months of this use, such as facial hair, deepening of the voice and cystic acne. Women need testosterone, but not the same as a man. Just the right amount improves mood, libido and physical endurance. For women, a compounded testosterone cream, made by a certified compounding pharmacist with special training, must be applied using a syringe or a metered dose application for accurate dosage.

Men need testosterone blood levels, too. A gentleman came to me after months of applying a prescription testosterone gel without much benefit. His blood level revealed a low, but “normal for age” amount. He could not recall ever having seen his testosterone level. I give every patient all of their labs with three pages of line-by-line written explanation. I explained to him the incredible benefits of optimizing his testosterone level. I prescribed a potent, compounded, progesterone cream, which he applied twice daily. He loved it, felt great with the testosterone level of a young adult.

Hormones must be precisely measured, monitored, and prescribed to achieve their full powerful benefits. Blood work guides therapy for women and men.

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Support Small Business This Christmas

By Monica Allison, O.D.
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I wanted to include a personal message for the community for the holidays and I found this information from last holiday season online from Brilliantbusinessmoms.com.

“**When You Support Small Business You Support:**

**Innovation:** Small businesses focus on solving problems and creating products that aren’t always driven by popular trends or sales forecasts. There are so many unique products created by makers and artisans every day – individuals who are set on making the world a better place.

**Opportunity:** On a recent episode of Shark Tank, Daymond John said, “Being an entrepreneur is the ultimate equalizer.” There is opportunity for everyone when it comes to innovation, hustling and getting your products into stores and the hands of customers. Being small and scrappy is what it takes to be successful. It’s that way for everyone.

**The Playing Field is Equal:** The playing field is equal and it’s all about the level of determination and work that you bring to the equation.

**Families:** When you buy from a small business, often you’re supporting a family. You’re the reason a mom is able to be at home with her children, or that a family is able to pay their mortgage or send children to college. You’re supporting individuals with a high level of ethics, who treat their employees like family.

**The US Economy:** Many small businesses have products that are handmade by their owners right here in the U.S. Rather than buy plastic junk from China and factories where the working conditions are unknown, you can support quality products, eco-friendly materials, and families paying their workers fair wages.

**Paying it Forward:** Small businesses give back. Research indicates that over 90 percent of small business owners contribute to their communities through volunteering, in-kind contributions, and cash donations. When you support small businesses, you’re helping to pay it forward.”

All of these things describe what we do as a community on a daily basis. During the holiday season, folks are invited to dust off their festive boxes. No matter if you were to transport to Historic and Modern New Year’s Eve this year, there will be opportunities to become acquainted with each other before the identities masked. They are certain to be rekindling passions of days past. Plus, there will be sure to tickle everyone’s fancy.

**Making New Holiday Memories**

By Michelle Houriet, Executive Director
Independence Hill Retirement Resort Community

This holiday season is a very special time of year. It is filled with memories and traditions. Some of the memories include climbing up into the attic to bring down those big heavy boxes from last year. Then trying to unravel tangled strands of lighting to check and see if they are still working. Hunting for the tree base and finding the macaroni fallen off of the ornament frames glued around a picture of one of the kids.

When the time comes to stop climbing the ladder, stringing the outside lights and placing the tree topper on that 8 foot beauty, many people let go of many of the holiday traditions they love. Then what? Will the smell of cinnamon, cider and sugar cookies still be possible without the little bit of fun chaos that makes the season? Absolutely! Where, you ask? Well, this is when considering a retirement community like Independence Hill could be the ticket to the best of all your worlds! The residents have the pleasure of enjoying every beautiful part of the season without the work of this magnificent season entails.

Independence Hill Retirement Community ensures their calendars are packed with great choices of “things to do” that will be sure to tickle everyone’s fancy. You will find people with common interests and the time to do these things that they WANT to do!

So what does this mean for you? It means that the holidays are not just a day or two with family, rather having at your fingertips a variety of choices of “things to do” that will be sure to tickle everyone’s fancy. You will find people with common interests and the time to do these things that they WANT to do!

A few festive events this season include bake sales, shopping opportunities, holiday parties, caroling, tree trimming, evenings out to see the Nutcracker, the river parade, light shows in neighboring towns and an exciting New Year’s Eve Party. This could be your perfect time to be welcomed with open arms into the Independence Hill Family and begin to make new traditions and memories!

You could begin to enjoy new friendships sooner, while celebrating this great season. Independence Hill Retirement Resort Community is located at 20450 Huebner Rd., San Antonio, TX 78258. For more information, call (210) 209-8956 or visit www.independencehill.com.

A Night In Old Vienna

Submitted By Arden Dorn

On New Year’s Eve this year, be transported to Historic and Charming Old Vienna, Austria at Texas Hill Country Opera & Arts produces a New Year’s Eve Masquerade Ball at the Grand Seckatz Opera House, 265 West San Antonio Street in New Braunfels, Texas.

Don your dust off their festive gowns, tuxedos and dancing shoes as the musical variety show including a good portion of the Johann Strauss II Operetta, Die Fledermäus, (the bat) is presented by chorus and stars Kelli Estes and Oliver Worthington of The Lone Star Lyric of Houston.

The evening begins at 6:30 P.M. with a cocktail hour hosted by Rebecca Creek Distillery, a four course Viennese dinner prepared by local chef Marcien Rusurjy, otherwise known as The Neighborhood Gourmet. The dinner will be paired by a variety of festive wines for the occasion and champagne and non-alcoholic bubbles to toast the New Year!

The tone for this only masquerade ball of the region will be one of gemutlichkeit, inclusiveness and warm hospitality as couples, singles and groups will have their identities masked. They are certain to be an appropriate and elegant evening ends with the New Year’s Toast just before midnight. (Masks will be available for purchase at the event at a nominal fee)

Director Dr. Sam Mungo, acclaimed for his musical and creative genius from Texas State University and conductor Dr. Richard Novak, director of music at Sts. Peter and Paul Parish of New Braunfels, collaborate with local talent in creating a wonderful evening of magic and humor celebrating life, relationships and new beginnings.

The cost for the ball is $65.00 inclusive.

Tickets go on sale on November 15th at the Brauntex Theatre, 830-627-0808 or on line at www.brauntex.org. The event is limited to 250 people.

The Faust Hotel is offering special room rates for the night. Mention The Masquerade Ball and they will accommodate you.

www.independencehill.com

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