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La Vita Volume 14 Happenings

LIVING | BETTER | LONGER



What is Andropause?

Andropause, sometimes referred to as “male menopause” is a medical condition characterized by low testosterone levels in men. On average, testosterone levels in men gradually decline about 1% per year after age 30. By age 70, levels can decline as much as 50%.

Symptoms of Andropause may include: fatigue, depression, sweating & “hot flashes”, sleep disturbance, decreased libido, body fat gain (in particular abdominal area), poor concentration & memory, decreased muscle mass and osteoporosis.

Testosterone replacement therapy may help relieve symptoms. If you need a physician who specializes in hormone replacement therapy, please call 858.453.2500 or visit www.lavitarx.com.

Prescription

Tip of the Month:

Clearing up Adult Acne!

The teen years are notorious for acne breakouts and most women are happy to have left that problem behind-or have they? Adult acne is a common problem for women over age 35 and studies attribute this primarily to hormonal imbalances. [More on back...](#)

Ask the Pharmacist:

Is Testosterone Replacement Safe for Men?

A recent study in The Journal of the American Medical Association suggests testosterone therapy may increase the risk of [More on back...](#)



Foods, Moods & Nutrition

4 Tips to Help you Sleep Naturally Through the Night!

ONE - Form Good “Sleep Hygiene”: Your bedroom should only be used for sleeping – that means no TV, working or even reading. Choose a consistent time to go to sleep each night and stick to it.

TWO - Quiet the Body, Quiet the Mind: Exercise allows you to discharge stress and anxiety and rebalance your nervous systems, helping you get to sleep and stay asleep.

THREE - Try a Protein Snack Before Bed: A small handful of almonds or other small snack an hour before sleep can balance your blood sugar and help you sleep through the night.

FOUR - Relax the Nervous System: Abdominal breathing helps to balance our nervous system, as do herbal teas containing chamomile, lavender, passion flower or kava.

By Jamie Corroon, ND, at Bastyr University Clinic

Tired of Being Tired?



Emotional? Foggy Brain? It's not you. It's your hormones!

Our event provides an amazing opportunity for women to come together, along with a team of experts to learn more about their options regarding bio-identical hormone replacement therapy. BRING A FRIEND. WINE. SNACKS. LAUGHS. ALL INCLUDED.

Next events:

4/24 The Center for Health and Wellbeing- Dr. Janette Gray, MD

5/7 Total Woman Gym & Spa - Dr. Kristine Reese, ND

Register at Eventbrite today!

Future events, visit winewomenhormones.com

For co-sponsorship opportunities, contact ana@lavitarx.com

Got Acne?
La Vita VCS Acne Gel is extremely effective at treating it!

Talk to your doctor or call La Vita

More than half of all adult women experience at least occasional flare-ups. Effective treatment must correct the imbalance locally and not affect the body's internal levels of hormones. Talk to your doctor or call us and let one of our pharmacists assist in solving this issue for you!

Ask the Pharmacist continued...

certain cardiovascular events and death. However, there are several significant flaws in the study's design and the results conflict with existing evidence. First, only 60% of study participants were followed-up for assessment. Secondly, testosterone levels weren't brought up high enough to evoke cardio protection. And thirdly, estrogen levels were not monitored in the study participants. There is evidence that a higher level of estrogen in males is linked to an increased risk of death.

For more information, lavitarx.com