

HORMONAL IMBALANCE

Key to the prevention of side effects
and serious medical conditions



METABOLIC
CENTER *for*
WELLNESS

Reverse Endocrine Diseases • Manage Chronic Conditions • Enhance Wellness & Longevity

The body's hormones can change as we age and experience certain medical conditions. In fact, most people don't even realize they are experiencing a hormone imbalance.



Hormones are like chemical messengers that travel throughout the body directing complex processes like metabolism, growth and fertility. However, when this delicate process is interrupted, the results can cause a whole host of undesirable side effects. And in extreme cases, it can even lead to serious medical conditions.

Some of the most common hormonal imbalances treated at the Metabolic Center for Wellness result from the following conditions:

- **Menopause** – During menopause, women experience symptoms ranging from mood swings to night sweats. Hormone replacement therapy often is used to help combat the symptoms, and more importantly, prevent serious medical conditions like bone loss.
- **Osteoporosis** – A condition in which bones become weak and break easily, osteoporosis can affect post-menopausal women, as well as those on certain medications, but men can get it, too. Ensuring that hormones are properly balanced can slow and even prevent this condition. ([more](#))

IN SUMMARY...

- Hormones regulate processes throughout the body like metabolism, growth and fertility.
- When hormones become out of balance, undesirable side effects and even serious medical conditions can occur.
- During menopause, hormone replacement therapy can help relieve common symptoms and prevent conditions like bone loss.
- Properly balanced hormones can prevent osteoporosis, a condition in which the bones become weak and break easily.
- Conditions resulting from low testosterone like decreased sexual drive and reduced muscle mass can be restored by balancing the hormones.
- Other hormonal conditions that can be treated include those of the adrenal, pituitary and parathyroid glands.
- Most hormone imbalances are diagnosed with a simple blood test.

- **Low Testosterone** – Most commonly associated with decreased sexual function in men, low testosterone also is responsible for reduced muscle mass, poor bone health and hair loss. In most cases, hormone therapy can help restore normal function and promote overall wellness.

Other hormonal conditions treated include those of the adrenal, pituitary and parathyroid glands.

Many hormonal imbalances can be diagnosed with clinical evaluation and basic blood tests. Other hormonal imbalances require more advanced functional evaluation. And since our hormones change over time, period follow-up examinations will help ensure that levels remain in balance.

Treatment for hormonal imbalances vary patient by patient. Some patients do well with traditional hormone replacements while others require compounded therapies through a validated compounded pharmacy.



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ABOUT US

The **Metabolic Center for Wellness** is a unique medical practice established to reverse endocrine diseases, manage chronic conditions, and enhance wellness and longevity. Led by Dr. Angela Mazza, the practice takes an individualized, holistic approach to healthcare based on the latest medical findings. Whenever possible, she seeks to reduce medication dependency and improve quality of life through diet, exercise and supplement modifications. For the convenience of her patients, Dr. Mazza is one of a few Central Florida endocrinologists who offers key medical procedures and wellness therapies in the office. The practice has a strong focus on education—empowering patients to participate in their own healthcare decisions.

Key areas of focus include:

- Radiofrequency Ablation of Thyroid Nodules
- Thyroid Disease
- Hormonal Imbalance
- Bioidentical Hormone Pellet Therapy
- IV Therapy and Injections
- Nutraceuticals
- Medical Cannabis



Angela Mazza, DO, FAAMFM, ECNU, CDE, is triple-board certified in endocrinology, internal medicine, and anti-aging and regenerative medicine. She has served as a principal investigator for large-scale diabetes therapy and device trials; has presented at international medical conferences; was among the first physicians selected for the UCF College of Medicine; and serves as a formulation advisor to Douglas Laboratories.