



Institute of Advanced Skin Care & Optimal Health: A Cenegenics Medical Affiliate Newsletter

Wellness Newsletter

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Greetings!

At the Institute, we want each of our clients to reach Optimal Health. In this eletter, there is information about how the hormone system works, what the thyroid gland does, and information about depression and hormones. To help optimize your health, we will offer meditation classes in April. As always, if you have any questions or would like more information on any of these topics, please contact the staff at Shanti!

Sincerely,
Kelly Miskin
Internal Marketing Coordinator
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Understanding the Hormone System

The hormone system can be thought of as a cascade of hormones with the brain on top, then the pituitary gland, the target organs, which all release hormones that affect our physical and mental functions. The hypothalamus is the part of the brain where "releasing hormones" are made which then turn on the pituitary gland. These releasing hormones travel from the hypothalamus to the pituitary and stimulate the formation and release of pituitary hormones into the circulatory system, which then affect organs, such as the thyroid, adrenal glands, testicles, ovaries, and breasts. These organs then release the common hormones we talk about such as the thyroid, estrogen, etc. This is a complicated system that the body regulates but as we age, become ill, or have stress, the system does not work as well.

There are four critical hormones. The first is the Thyroid hormone, which affects

metabolic rate, body temperature, and energy levels. If thyroid levels are low, you can feel tired, lack energy, cold, suffer from constipation, hair loss and dry skin. The goal is to restore both T3 and T4 to their natural ratio and blood concentrations. Most doctors never check all of these levels to see if you are imbalanced.

Next are your sex hormones, such as testosterone, estrogen and progesterone. These are essential for normal reproductive function, libido, cognitive function, and general mood and well being. The third are Adrenal hormones such as DHEA and cortisol, which are very important in our response to physical and emotional stress. The last and the most powerful is Human Growth Hormone. It is the master hormone that sends a powerful message to your brain to continue to grow, regenerate itself and continue to maintain health. When we lack this hormone, we can suffer from lack of energy, weight gain, decreased muscle mass, decreased libido, decreased immune function as well as general mood and well-being.

All critical hormones begin to decrease in production at the age of 30. We lose about 1-3% per year which means at the end of a decade we could have lost 10-30% of our critical hormones. To maintain health and prevent disease, it is critical to keep these hormones balanced. To learn more about how bio-identical hormones can slow down the aging process, read about Dr Patel's Age Management Medicine information or call us so we can get you started on a journey of wellness.

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Hypothyroidism

The thyroid is a butterfly shaped gland in your neck that pumps out hormones that impact how smoothly and quickly your body can run when converting calories to energy, recalling a memory, contracting your heart muscle, among other things. Low levels of these hormones can cause many health problems, such as fatigue, weight gain, muscle and joint pain, dry skin and hair, forgetfulness, and mood swings.

Hypothyroidism is based on physical signs, so a blood test that measures the amount of thyroid-stimulating hormone, TSH as well as your free T3 and free T4 level will confirm if your thyroid is beginning to not work well. The definition of hypothyroidism is a TSH level of 5 or more, but most cases fall into a gray area called subclinical hypothyroidism, which is a level of 2.5-5. For optimal health, the TSH should be below 2.5 and the free T3 and Free T4 in the optimal ranges. Remember, primary care physicians just want to make sure you are in the "normal" range but at the optimal range, you can prevent the thyroid from slowing down and thereby preventing weight gain, mood changes, skin changes, and joint pain.

You should be tested for hypothyroidism if you have any of the following risk factors: you haven't been feeling like yourself, you've plucked out gray hair before you were 30, you have high cholesterol or blood pressure, you've switched birth control pills

because of the side effects, you've had trouble getting pregnant, or you're 30 or older.

If you're diagnosed with hypothyroidism or are not in the optimal range, Dr Patel can help. You can choose from synthetic to natural thyroid hormones to get you optimized. Always remember to take your thyroid pill on an empty stomach because it gets bound to any iron, soy, fish oil or calcium found in multivitamins. Other natural ways to manage your condition include increase your iodine level, get 55 micrograms of selenium a day, limit your soy intake, avoid fluoride, decrease your stress level, and make sure to get the correct amount of Omega-3s.

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Depression and How to Recognize It

Depression is a serious disruption of a person's way of thinking, feeling, and acting. Symptoms include loss of energy, problems sleeping and concentrating, sadness, loss of interest in pleasurable activities, and thoughts about death and suicide. Because women are diagnosed ten times more often than men, these symptoms may be those of women. Instead of appearing sad, men can become irritable, aggressive, drink too much, or act recklessly. The most serious consequence of depression in men is suicide.

Men often don't recognize or admit that they are depressed, and are less likely to seek help. Doctors also may not diagnose it as often, since the symptoms can look different from those of women. Depression can affect men of all races, income levels, and ages. Depression can be more common if you suffer from other illnesses, such as cancer, diabetes, heart disease, HIV, or stroke. Treating depression can sometimes improve these conditions.

The cause of depression is still unknown. Chemicals that nerves use to "talk" to each other in the brain are thrown out of balance. Also, certain areas of the brain may be less active during periods of depression. There is no known medicine, supplement, or herb that can prevent depression. However, effective treatments are available. One of the most important treatments is hormone replacement. Multiple studies have shown that as hormone levels fall for both men and women, they are more prone to depression.

A recent Journal of American Medicine showed that anti-depressants were no better than placebo. However, studies have shown that when hormone levels are optimized, both men and women feel better. To learn more about how hormones affect mood, please call us to discuss this further.

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Meditation Workshop

Many of you have heard from Dr. Patel the importance of meditation and how that will help slow down the aging process as well as reduce stress, improve sleep, and general well-being. To help you have a better grasp of this powerful ancient tradition, we are pleased to present an exclusive meditation workshop.



Kathleen O'Hara, MA is a psychotherapist, published author, and meditation instructor who has developed an easy three step method to meditation. She has been meditating and teaching for 25 years and can help you begin your practice today. She has been a guest on NPR, CNN, and local and national TV, as well as newspaper and print.

The workshop will occur over three sessions to be held on the first three Thursdays in April in our Center City office from 7pm-9pm. Each session will build on the last one. The cost of the workshop is \$300, which includes her CD, Modern Meditation. To reserve your space, please email kmiskin@shantimedspa.com or call 610.642.2644.