

# UNLEASH YOUR FIERCE

Thriving Through Menopause



Scott Harshman, MD  
[www.ignitepah.com](http://www.ignitepah.com)



**IGNITE**  
PERFORMANCE AND HEALTH

# Table of Contents

<b>Introduction</b>	<b>3</b>
<b>Understanding Menopause</b>	<b>4</b>
<b>The Stages of Menopause</b>	<b>5</b>
<b>Understanding Estrogen-Based Hormone Replacement Therapy</b>	<b>6</b>
<b>Debunking Myths: The Women's Health Study Initiative</b>	<b>7-8</b>
<b>The Benefits of Estrogen Therapy</b>	<b>9</b>
<b>Beyond Menopause - Improving Your Longevity and Quality of Life</b>	<b>10</b>

## INTRODUCTION

# Hello, I'm your physician, Dr. Scott Harshman

As the medical director at Ignite Performance and Health I take great pride in seeing all of our clients make a transformation that improves their health, longevity, confidence, and energy. I take even greater pride in offering our clients the absolute best medical care, data analysis, and quality of life enhancement that modern medicine can offer.

When it comes to hormone therapy, there's a significant gap in care. While men have a variety of testosterone replacement therapy (TRT) options, women often struggle to find effective hormone replacement therapy (HRT) solutions tailored to their unique needs. That's where Ignite Performance and Health steps in.



“Derek and Scott just might have saved my life! I can't thank them enough for the urgency they instilled in me! I can't imagine any other health care professionals who have ever been that candid and cared that much about my health!

- Judi, Ignite Patient”

Our program goes beyond just prescribing hormones. We integrate cutting-edge medical care with fitness training and personalized nutrition to ensure you age with strength and vitality. By combining modern pharmaceuticals, progressive fitness strategies, and real-time nutritional guidance, we help you navigate menopause with confidence.

*Today, you can embrace this stage of life with vitality, find joy and health, and even enhance your longevity along the way.*

# Understanding Menopause

## What is Menopause?

Menopause is a natural and powerful stage of life, marking the transition out of your reproductive years. It happens when the ovaries shift away from releasing eggs and producing large amounts of estrogen and progesterone.

It's officially diagnosed after 12 months without a menstrual period, usually between the ages of 45 and 55.

Menopause isn't just a change—it's a significant hormonal transition that can influence your physical, mental, and emotional health. While symptoms like hot flashes, night sweats, and fatigue are common, they're not inevitable or untreatable.

Understanding what's happening in your body is the first step toward embracing this new chapter with confidence and control.

# The Stages of Menopause

1

## Perimenopause (Menopausal Transition)

This phase can start several years before menopause, often in a woman's 40s. Hormone levels fluctuate, leading to irregular periods and early symptoms.

2

## Menopause

This is the point when a woman hasn't had a period for 12 months. Hormone levels stabilize at lower levels, and ovulation ceases. A little know fact - this is a one-day event.

3

## Postmenopause

The years after menopause are referred to as postmenopause. Symptoms may persist or diminish, and there's an increased risk of conditions like osteoporosis and cardiovascular disease due to low estrogen levels.

## BE AWARE OF SYMPTOMS:

- **Hot Flashes & Night Sweats:** Sudden feelings of heat and sweating, often disrupting sleep.
- **Irregular Periods:** Changes in frequency, flow, and duration during perimenopause.
- **Vaginal Dryness & Painful Intercourse:** Due to reduced estrogen levels.
- **Mood Changes:** Anxiety, irritability, or depression.
- **Sleep Disturbances:** Difficulty falling or staying asleep.
- **Weight Gain & Slowed Metabolism:** Changes in body composition and energy levels.
- **Bone Loss:** Increased risk of osteoporosis over time.
- **Memory or Concentration Issues:** Often called "brain fog."

# Estrogen-Based Hormone Replacement Therapy (HRT)

Hormone Replacement Therapy (HRT) is about supporting your body with the estrogen—and sometimes progesterone—it naturally produces less of during perimenopause and menopause. By gently restoring hormonal balance, HRT can help alleviate symptoms and promote long-term health, empowering you to feel your best throughout this transition.



## **HORMONES INVOLVED IN HRT:**

**Estrogen:** This is the primary hormone used to manage menopausal symptoms such as hot flashes, night sweats, and vaginal dryness. It also supports bone density and heart health.

**Progesterone** (or a synthetic progestin): This is added for women with an intact uterus to protect the lining of the uterus from estrogen-induced overgrowth, which could lead to endometrial cancer.

**Testosterone:** In some cases, low-dose testosterone is included to address libido, energy, and cognitive function.

## **TYPES OF HRT**

**Systemic HRT:** Delivered via pills, patches, gels, or injections, systemic HRT affects the whole body and is effective for managing widespread symptoms such as hot flashes and bone loss.

**Localized (Low-Dose) HRT:** Creams, tablets, or rings are used to treat vaginal symptoms like dryness or discomfort during intercourse without affecting the entire body.



# Debunking HRT Myths

The 2002 Women's Health Initiative (WHI) study shaped much of the early conversation about HRT, but many of its conclusions were later found to be incomplete or misunderstood. This led to unnecessary concerns about HRT for many women.

Today, updated research provides a clearer, more balanced understanding of the benefits and safety of HRT. Let's break down the most common myths and explore the evidence that sets the record straight.



**FALSE**

*HRT increases the risk of heart disease for all women.*

The risk of heart disease only increased in women who started HRT 10+ years after menopause. Women who started HRT during perimenopause or early menopause often experienced heart-protective benefits

**FACT**

**FALSE**

*HRT causes breast cancer in all women.*

Increased breast cancer risk was small and primarily linked to long-term use (over 5–7 years) of combined HRT (estrogen and progestin). Estrogen-only HRT (used after hysterectomy) showed no increased risk and may even reduce the risk.

**FACT**

**FALSE**

*HRT is dangerous for all women.*

HRT is safe for many women, especially those under 60 or within 10 years of menopause onset. Risks vary depending on age, health, and type of therapy, so a personalized approach is essential.

**FACT**

# Debunking HRT Myths

**FALSE** *HRT should only be used for short-term symptom relief.*

While not suitable for everyone, long-term HRT can be beneficial for some women, particularly for preventing osteoporosis and maintaining bone health.

**FACT**

**FALSE** *All forms of HRT carry the same risk.*

Different forms of HRT (e.g., patches, creams, gels) and delivery methods have different risk profiles. For example, transdermal estrogen has a lower risk of blood clots compared to oral estrogen.

**FACT**

By embracing these facts, you and your healthcare provider can confidently decide if HRT is the right choice to help you navigate menopause and support your long-term health and vitality.



# Benefits of Estrogen Therapy

## RELIEF FROM SYMPTOMS

Hot Flashes and Night Sweats

Vaginal Dryness and Discomfort

Mood Swings and Sleep Issues

## OSTEOPOROSIS PREVENTION

Estrogen helps slow bone density loss after menopause, reducing the risk of fractures and osteoporosis.

Estrogen can enhance bone health.

## BRAIN AND HEALTH COGNITION

Estrogen supports brain function by reducing memory loss and “brain fog.” It may also lower the risk of Alzheimer’s disease when started early, though more research is ongoing.

## CARDIOVASCULAR HEALTH

When started early (within 10 years of menopause), estrogen therapy may improve cholesterol levels by lowering LDL and raising HDL while enhancing blood vessel health and reducing the risk of heart disease.

## SKIN, HAIR, AND URINARY HEALTH

Improves skin hydration, elasticity, and thickness, reducing dryness and wrinkles.

Supports hair health and reduces thinning.

Enhances urinary tract health, decreasing infections and improving bladder control.

## ENHANCED SEXUAL FUNCTION

Estrogen alleviates vaginal dryness and discomfort, improving intimacy and sexual satisfaction.



# Beyond Menopause: Thriving with Longevity & Health

Menopause marks the perfect time to prioritize your health and set the foundation for a vibrant, long life.

Focusing on areas like **balanced nutrition** and **strength training** can help you feel stronger, more energized, and ready to thrive in this exciting new chapter

**Ignite Performance and Health** is your partner in achieving health, longevity, quality of life, and change that will last a lifetime.

*Contact us today for a free consultation.*



**IGNITE**

PERFORMANCE AND HEALTH

[WWW.IGNITEPAH.COM](http://WWW.IGNITEPAH.COM)

