



## EXPERT MENOPAUSE & PERIMENOPAUSE CARE

Navigating menopause and perimenopause can be a transformative journey, and with Hormone Specialist, Dr. Melissa Gutierrez, you're in expert hands. Discover compassionate, personalized care designed to empower and support you through every stage of this natural transition.

### DO YOU STRUGGLE WITH ANY OF THESE SYMPTOMS?

- Hot Flashes & Night Sweats
- Mood Swings & Anxiety
- Fatigue & Brain Fog
- Weight Gain & Low Energy
- Vaginal Dryness & Pain
- Low Libido & Sleep Issues



### DID YOU KNOW...

1

**Estrogen therapy helps maintain bone density** –

It can lower the risk of osteoporosis and fractures by up to 50%.

2

**HRT may improve heart health** –

Women who start HRT early may have a lower risk of heart disease

3

**HRT supports brain health** –

Studies suggest it may help **reduce the risk of Alzheimer's and cognitive decline** when started early.

4

**Women on HRT have a lower risk of developing insulin resistance and metabolic syndrome**, which are linked to weight gain and diabetes.

*Ask about our concierge package!*

You don't have to suffer in silence. Get expert guidance and personalized hormone therapy to restore balance and vitality.

## SERVICES



- Bioidentical Hormone Therapy
- Natural & Lifestyle Solutions
- Sexual Health & Vaginal Wellness
- Bone & Heart Health Support

## CONTACT



Schedule Your Consultation Today!



310-652-9347



MelissaGutierrezMD.com

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