

**MEDICINE THAT'S PERSONAL**

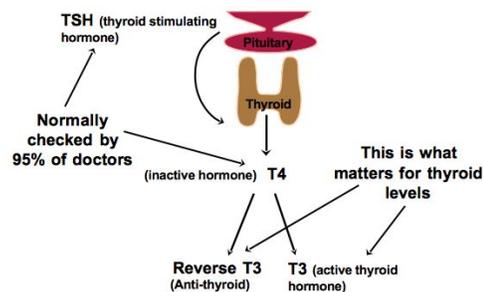
THIS MONTH'S  
TOP STORIES

## Why 60% of Hypothyroid Issues Go Undiagnosed.

It is estimated that 60% of those with low thyroid, also known as hypothyroidism, are undiagnosed. Many of these cases remain undiagnosed because traditional medicine often only runs one test to diagnose thyroid dysfunction, the TSH test. Only running a TSH test may be inadequate and may serve to exacerbate the patient's condition because it can provide false indications of the true problem. A TSH test may come back "normal" or "in range,"

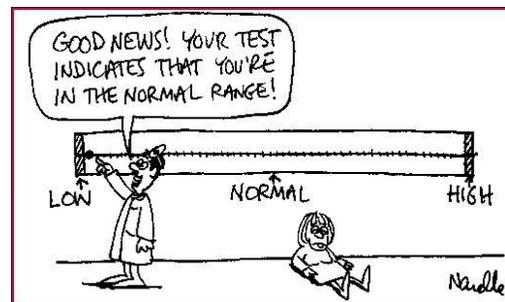
but it may not be normal for you as your thyroid function may be declining as you age or as a result of stress. Many physicians do not make this

distinction. At the Hormone Center, our goal is to optimize thyroid levels for each individual patient taking into consideration lab results as well as symptoms. At the Hormone Center we believe testing TSH levels, while important, is only the



"tip of the iceberg." We not only test TSH levels but also T4, T3, and Reverse T3, in addition to TPO (Thyroid Peroxidase) anti-bodies. High levels of TPO anti-bodies may mean the patient has an auto-immune disease called Hashimoto's, where the body attacks the thyroid. Hashimoto's may not show up on a regular TSH test. We are also testing to make sure that the relationship between your different thyroid hormones is appropriate.

However it is not enough to simply order the appropriate tests. At the Hormone Center, our medical providers are trained on



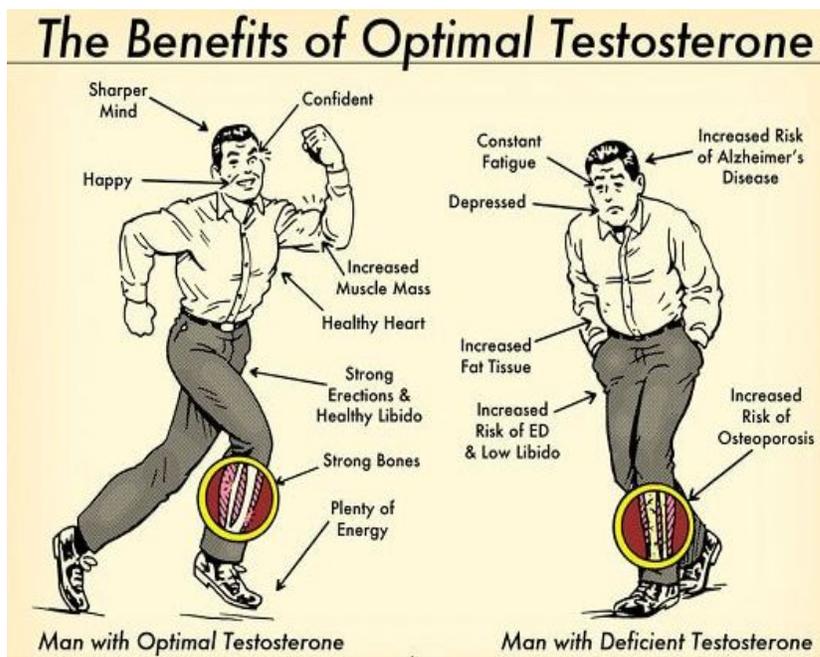
how to interpret the results in combination with a patient's symptoms. Additionally, our providers know how to customize prescriptions for maximum patient benefit. We offer treatment and natural remedies to sort out any thyroid imbalances.

## Andropause: Men Have Hormones Too.

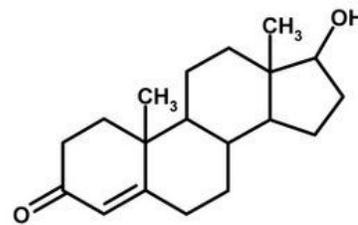
The decline in testosterone as men age can lead to sexual dysfunction, loss of libido, fatigue, loss of strength, and depression. These symptoms are known as andropause or "male menopause." Unlike the volatile symptoms in women, male symptoms are less obvious and appear gradually usually with an onset of 7-10

years. The symptoms of andropause are often triggered by decreased production of androgens, such as DHEA and testosterone. Lower levels of these androgens can also be linked to weight gain, stress, and a lack of exercise. As a result, drive, stamina and virility can be affected.

In a man's brain there exist testosterone stimulating nerves. Sex drive in men starts with the release of testosterone which stimulates the receptors in the brain to release nitric oxide. Nitric oxide in turn relaxes the muscles of the penis to allow blood flow for an erection. Low testosterone levels common in andropause result in reduced levels of the hormone available to stimulate the nerves in the brain and induce sexual desire and in the brain and induce sexual desire and in turn erectile function. High levels of estrogen in men can also negatively impact male sexual desire. Other causes of low libido include a man's lifestyle, particularly nutrition and fitness. Smoking and



drinking are infamous for their negative impact on libido in men. Diet and exercise also supply energy and provide an overall feeling of wellness which can increase sexual desire. At The Hormone Center, using saliva testing, symptom assessment, and natural bioidentical



testosterone replacement therapy, many of the effects of andropause can be successfully addressed.

## May Hormone Center Events

May 5th - Citizens of the World Wellness Conference  
8:30 a.m. to 3:30 p.m.  
129 DePaul Center, Greensburg, PA 15601

May 20th - Pure Athletex Community Day  
11:00 a.m. - 3:00 p.m.  
119 Neely School Road, Wexford, PA 15090

May 12th - Ladies Night Out with Comedian Anita Renfroe  
5:30 p.m. - 10 p.m.  
The Bible Chapel, South Hills Campus, 300 Gallery Drive,  
McMurray, PA 15317.

May 25th -Whiskey and Testosterone, Whiskey Tasting for Men  
Begins at 6:00 p.m.  
J. Gough's Tavern, 4213 Murray Avenue Pittsburgh, PA 15217

May 19th - Healthy Living, Fitness and Facials Ladies Night  
6:00 p.m. - 9:00 p.m.  
Rose E. Schneider Family YMCA, 2001 Ehrman Rd, Cranberry  
Twp, PA 16066

# What's Up, Doc?



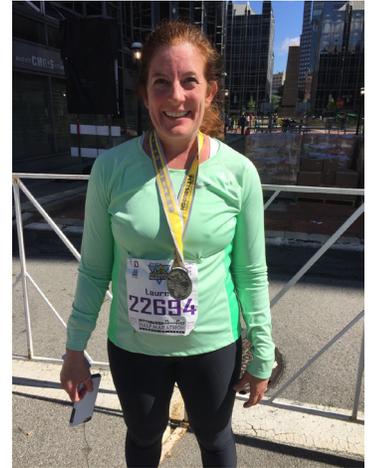
## Question: What are the health issues associated with over training?

Over training can lead to an overload of the endocrine system. Too much training can lead to a decrease in testosterone which decreases recovery time and increases muscle mass. Knowing how much training is too much can be difficult. When one over trains, cortisol (stress hormone) production from the adrenal glands increases which can lead to weight GAIN. Alternatively if the adrenal glands become too taxed, adrenal fatigue can result. Menstrual cycles can also be disrupted and a loss of libido may result.

Additional symptoms of over training:

- Changes in your resting heart rate
- Sleeping difficulty
- Mood changes (depression/anxiety)
- Increased recovery time between workouts
- Changes in your appetite
- Problems with digestion

Get out there . . . but don't over do it!



Above: Dr. Loya after finishing the 2017 Half Marathon

Submit your own questions for Dr. Loya on our **Blog** at our website!

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## Meet Jennifer Hook CRNP



**Jennifer Hook, CRNP** , is originally from Butler, PA. After obtaining her Bachelor of Science degree from Slippery Rock University, Jen completed her Masters of Science from Slippery Rock and Clarion Universities. She has been a Certified Nurse Practitioner for 18 years and her diverse experiences include mental health and behavior modification. Additionally, Jen has worked with digestive disorders for patients with Crohn's disease and ulcerative colitis. Jen enjoys working in collaboration with a multi-disciplinary team to ensure high quality patient care. She most recently joined the The Hormone Center from Butler Integrative Medicine. In addition to being Nationally

Certified in Family Medicine through the American Association of Nurse Practitioners, Jen trained directly under Dr. Lauren Loya.

# Patient Business Profile



Our exceptional Early Intervention program for children, birth to age 3 who have developmental delays and/or disabilities, provides essential supports and, in the process, transforms entire families. We believe therapy works best when the therapist supports your child and your family as a whole. We come to you, work around your schedule and deliver a truly customized care plan for your child and family. All at NO cost to you.

TEIS therapists are employees, not independent contractors. With TEIS, you can be certain that the therapist working with your child is highly trained, managed and mentored.

The sooner a TEIS therapist begins working with your child, the greater the potential for your child to reach his/her full potential.



Call TEIS for Help 412-271-TEIS (8347) | [www.TEISinc.com](http://www.TEISinc.com)

Treatment in Allegheny County, western Westmoreland County, and southern Butler County;  
Evaluations in Beaver County

Julie Hudak and Tara Deringor, both licensed Physical Therapists with backgrounds in business, met while working at The Children's Institute in Pittsburgh, PA. They started TEIS in 2004 to address the need for more structured support, training and empowerment of visiting/home healthcare pediatric Early Intervention therapists. In 2011, TEIS was recognized by the Pennsylvania Department of Public Welfare as a designated Early Intervention provider.

Today, TEIS has 59 therapists covering 8 disciplines and a front office staff of 6 in Forest Hills, PA.

The  
**Hormone**  
center

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