

Navigating Women's Lifelong Journey:

Hormonal Changes and the Importance of Proper Care



WOMEN'S LIVES ARE MARKED by a series of transformative stages, each accompanied by unique physical and emotional experiences. From the joy of motherhood to the challenges of perimenopause and menopause, understanding and addressing these stages with proper care is essential for women's overall well-being.

If proper care during all stages of a woman's life is essential, why is it that women often find their OB/GYN dismissing their symptoms as "something women just have to deal with"? This is likely because fewer than one in five gynecologists receive formal training in hormones. Unfortunately, women are rarely asked about their symptoms in clinical settings, leading to missed opportunities for help.

These stages are not a simple switch and can last for years with symptoms ranging from manageable to debilitating, extending beyond hot flashes and weight gain and varying from woman to woman.


At Renew Health and Wellness, we offer custom healthcare solutions to help women through important stages in their lives. Our care starts with a consultation with Dr. Coral Kirscher, DNP, FNP-C. Dr. Coral brings to our practice 12 years of expertise in a broad spectrum of both traditional and holistic medicine and has undergone a personal journey of healing from an autoimmune disorder, fatigue, pain, neurological, and microbiome dysfunction, after failed attempts to do so with traditional medicine. Her experiences, including her pregnancy and the birth of her daughter, Harbor, give her particular insight into unraveling the complex challenges that women face

when symptoms become overwhelming and healing feels elusive.

During your consultation, Dr. Coral will discuss your symptoms and health history in detail. Following this, she will conduct thorough lab work and create a personalized plan of action. If necessary, Bioidentical Hormone Replacement Therapy (BHRT) may be suggested as part of your treatment plan.


There is a lot of misinformation surrounding BHRT, so it is important to understand that not all hormones are created equally. Different routes of administration (orally, topically, injection, or via pellet) can have varying effects on the body. Additionally, there is a significant difference between artificial hormones and bioidentical hormones.

There is also a common misconception that women cannot use BHRT for extended periods of time. However, under clinical supervision, women can safely use BHRT for extended periods, or even for life. It is crucial to keep in mind that hormone levels can fluctuate, which is why patients must undergo regular lab tests to monitor their hormone levels and overall health. This helps to ensure that any changes in hormone levels are identified and addressed promptly.

Every woman deserves to feel confident, healthy, and empowered. Our team of experts is dedicated to helping women navigate the unique challenges and opportunities that each stage of life presents to ensure that every woman who comes through our doors leaves feeling ready to take on whatever life may bring. 

Postpartum



Hormones are high during pregnancy and drop significantly in a short amount of time after childbirth. Breastfeeding also keeps our hormone levels lower.

 **Hormone levels decrease**

Postpartum Symptoms Can Include:
 Hot Flashes | Night Sweats
 Memory Issues | Sleep Disturbances
 Anxiety | Vaginal Dryness
 Reduced Libido | Hair Loss | Depression

Perimenopause


During perimenopause, the levels of testosterone and progesterone in our body start to decrease. Meanwhile, estrogen levels fluctuate during this phase.

 **Testosterone & Progesterone levels decrease**
 **Estrogen levels fluctuate**

Perimenopause Symptoms Can Include:
 Reduced Libido | Low Energy | Heavier Menstrual Periods | Increased Cramping
 Mood Swings | Sleep Disturbances
 Memory Changes | Anxiety | Weight Gain | Vaginal Dryness | Brain Fog

Menopause

During menopause the levels of Estrogen, Progesterone, and Testosterone all decrease, which can result in chronic inflammation leading to various problems.

 **Hormone levels decrease**

Menopause Symptoms Can Include:
 Joint Pain | Memory Loss | Increased Risk of Cardiovascular Events | Hair Loss | Wrinkles & Fine Lines | Sleep Issues | Anxiety | Mood Swings | Weight Gain | Vaginal Dryness | Brain Fog



DR. CORAL KIRSCHER, DNP, FNP-C | DIRECTOR OF WOMEN'S HEALTH AT RENEW HEALTH AND WELLNESS
 Dr. Coral Kirscher, DNP, FNP-C, is the Director of Functional Medicine and co-owner at Renew Health and Wellness (18805 W. Catawba Ave., Suite 100, in Cornelius) and co-founder/ owner of Lake Norman Skin & Laser Medical Spa located at 18805 W. Catawba Ave. Cornelius. Connect with Dr. Kirscher and her entire team at 704.612.0011.

