



Rx Refills
Compounding
HRT Consultations
Ideal Protein/Weight Loss

News from Good Life

At Good Life Pharmacies, we care about our patients and want to provide you with quality information about your health. If you ever have questions or would like more information, please feel free to ask. We look forward to caring for you and your family.

Sincerely,
Jim Andreesen, R.Ph.
Angie Svoboda, Pharm.D. FIACP
Ray Scott, R.Ph.



Menopausal? Your Risk of Diabetes is Increased, but Estrogen Therapy May Help!

The hormones estrogen and progesterone affect how your cells respond to insulin. It is known that younger women are less likely than men to develop type 2 diabetes. But after menopause, the trend reverses dramatically, and women are at higher risk of diabetes. Changes in hormone levels can trigger fluctuations in blood sugar levels. High blood sugar levels can worsen problems associated with menopause by contributing to urinary tract and vaginal infections, and diabetes can damage the nerves of the cells that line the vagina and interfere with arousal and orgasm. Having diabetes means that you are have a greater chance of a having a heart attack or stroke.



A recent study pointed out that estrogens help prevent insulin resistance and obesity. Study leader Professor Jacques Philippe, a diabetes specialist, said: "It is important to remember hormonal substitution, when taken at the beginning of menopause and for a few years only, does not cause any particular risk of cardiovascular events." The study concluded that a woman treated appropriately with hormone replacement therapy is up to 35 percent less likely to develop type 2 diabetes.

Ask our pharmacist about how we can work together with you and your physician to customize hormone therapy to meet your specific needs.

<https://www.mayoclinic.org/diseases-conditions/diabetes/in-depth/diabetes/art-20044312>
JCI Insight. 2018; 3(7):e98569.

VISIT OUR WEBSITE TO SEE HOW WE CAN HELP YOU!

JOIN US FOR A FUN NIGHT



SPEAKERS

Dr. Tyler Adam, MD (ObGyn)

Angie Svoboda, Pharm.D.



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BHRTATTHEBREWERY.COM

BEER, BRAS AND B-HRT. LADIES, JOIN GOOD LIFE PHARMACY FOR A FUN AND INFORMATIVE EVENING TO LEARN MORE ABOUT HORMONES AND HEALTH...AND A LITTLE ABOUT BEER.

DR. TYLER ADAM, OB/GYN AND ANGIE SVOBODA, PHARMACIST WILL PROVIDE ALL THE LATEST INFORMATION ABOUT HORMONE REPLACEMENT THERAPY FOR ALL AGES.

SCRATCHTOWN BREWING WILL BE BREWING A SPECIAL BEER FOR THE EVENT CALLED AVIATRIX - a PEACH WHEAT ALE.

SAVE THE DATE. TUESDAY, MAY 15 FROM 6-8PM .

INFORMATION AND REGISTRATION IS AVAILABLE AT GOODLIFERX.COM AND ON [FACEBOOK](https://www.facebook.com/goodlifepharmacy).
THE \$10.00 REGISTRATION INCLUDES A FREE GLASS TO TAKE HOME.
SPACE LIMITED TO 40.

Hormone Consultations

by Angie Svoboda, Pharm.D., FIACP

Over 20 years of hormone
consultation experience.



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