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## Neuroendocrine Evaluation

### The Philosophy

When women have health concerns they usually prefer to discuss them with another woman. Dr. Vliet is a national expert on hormone-related problems and specializes in neuroendocrine issues. Hormones are important chemical messengers that affect a wide range of brain-body phenomena. These important connections and triggers of symptoms are often overlooked or misunderstood, especially when symptoms may be nonspecific and seen as psychological or stress-related.

### Who Should Consider An Evaluation?

- Women of all ages who suspect they have hormone-related problems
- Women with hypothyroidism, premenstrual syndrome (PMS), postpartum depression, perimenopause or postmenopausal issues, PCOS, or hysterectomy
- Women with unresolved chronic pain issues (migraines, fibromyalgia)
- Women with depression not responding to usual treatments
- Women with chronic fatigue syndrome or multiple chemical sensitivities, especially women whose symptoms began around menopause, after pregnancy or after a hysterectomy
- Women who are gaining weight and can not lose it
- Women with changes or decline in sexual function
- Women who want to discuss options such as natural hormones and/or alternative therapies
- Women with osteoporosis
- Women with a history of breast cancer and having menopausal symptoms or bone loss

### Symptoms To Watch For:

Symptoms vary according to the individual problem, but generally include emotional and/or physical symptoms such as anxiety, depression, fatigue, anger, joint and muscle pain, sleep disorders, headaches and migraines.

## Migraine or Headache Consultation

### The Philosophy

Many women suffer from chronic pain, including that from recurrent migraine headaches. Dr. Vliet offers suggestions to help women manage their headaches. She addresses the hormonal issues that often are overlooked and may be significant contributors to the headache-pain cycle.

### Who Needs It?

- Women who have had difficulty finding practical help and support for their migraines
- Women who have hormonally-triggered headaches related to menstrual cycles, postpartum, contraceptive pills and menopause hormone therapies

# Premenstrual Syndrome (PMS) Consultation

## The Philosophy

PMS is a neuroendocrine syndrome that affects between 40-60% of women. Approximately 5-10% of women with PMS describe marked disruption in ability to function at home and work. PMS is a set of symptoms that recur before each menstrual cycle and are generally absent for at least the week after menstruation. Dr. Vliet offers a unique combination of suggestions for evaluation and treatment modalities aimed at developing healthy lifestyle habits, improved hormonal balance and successful stress reduction approaches to combat the disruptive effects of PMS.

## Who Should Consider A Consultation?

Women from puberty to menopause who have recurring emotional and physical symptoms with each menstrual cycle that are disrupting well-being and/or ability to function optimally.

## Symptoms To Watch For:

- Crying spells, depression, panic attacks, anxiety, or mood swings
- Suspicion and jealousy, anger, fatigue, impatience
- Physical symptoms including skin, respiratory or eye problems, headaches, migraines, joint and muscle pain, bloating, irritable bowel, back pain, food cravings, binges, allergy outbreaks, memory or sexual problems

# Comprehensive Midlife Evaluation

## The Philosophy

This is an exciting and unique approach to help you achieve a successful midlife transition. It involves looking at you as a whole woman—your physical health, hormonal status, emotional-spiritual health—as well as your lifestyle habits; and then helping you identify your health goals and the resources and options to achieve them.

## Who Should Have An Evaluation?

- Women age 30 and over who suspect they have PMS which is getting worse
- Women who wish to find out their risk potential for bone loss and heart disease
- Women who wish to discuss their options for using or not using supplemental hormone therapy
- Women on hormone replacement therapy who are having side effects and want to explore other options
- Women of any age who are experiencing hormonal dysfunction or symptoms that are cyclic in nature

## Symptoms To Watch For

**Early Perimenopause:** Sleep changes, panic attacks, depression, menstrual changes, hot flashes or night sweats, joint and muscle pain, onset or worsening of headaches, fatigue, loss of sex drive.

**Menopause and Postmenopause:** Above symptoms plus loss of height, increased blood pressure, marked weight gain, premature ovarian decline, decreased menstrual flow.

# Consultation for Hypothyroidism

## The Philosophy

Thyroid problems are frequently hereditary and are five to eight times more common in women. Even if subtle, many thyroid problems may leave women exhausted, depressed, with menstrual disorders or infertility. Dr. Vliet addresses these problems with a comprehensive approach to the tests you need, and types of treatment available to help give you back your life.

## Who Should Consider A Consultation?

- Women who have a family history of thyroid problems
- Women with previously diagnosed thyroid problems who are not being treated and are symptomatic
- Women who would like help in regulating their thyroid medication
- Women with depression who have not responded to antidepressants
- Women who recognize the symptoms and seek diagnosis

## Symptoms To Watch For:

- Body functions slow down (pulse, metabolism, circulation, etc.)
- Fluid retention (puffy eyes, swollen ankles, bloating)
- Slow pulse and body temperature—marked sensitivity to cold and heat
- Frequent infections
- Joint and muscle aches
- Dry skin, brittle nails and hair
- Heart irregularities
- Feeling sluggish, lethargic and fatigued

# Comprehensive Hormonal Evaluation

## The Philosophy

This unique multi disciplinary approach helps women who have unresolved, hormone-related health problems explore a variety of options to regain their health and happiness.

## Who Needs A Hormonal Evaluation?

- Women of all ages who suspect they have hormone-related problems
- Women with hypothyroidism, premenstrual syndrome (PMS), postpartum depression, perimenopause or postmenopausal issues
- Women with chronic unresolved depression
- Women with chronic fatigue syndrome or multiple chemical sensitivities
- Women with sexual dysfunction

## Symptoms To Watch For:

Symptoms vary widely from woman to woman and often include both emotional and physical changes such as anxiety, fatigue, joint and muscle pain, sleep disorders, migraines, memory decline, depression, loss of sex drive, anger/irritability and weight gain.

## Postpartum Depression Consultation

### The Philosophy

Having a child should be the highlight of your life, but the joy may be overshadowed if you develop postpartum depression. Dr. Vliet understands this neuroendocrine condition and provides women with the tests needed, and helpful treatment options they need to improve their well-being.

### Who Needs A Consultation?

Women who have had a child within the previous year who are experiencing anxiety, depression, exhaustion and other connected symptoms which have been present longer than a month.

### Symptoms To Watch For:

- Agitation, alienation, anger, anxiety, guilt
- Crying, confusion, depression, fatigue, excessive fearfulness
- Feeling of hopelessness, low self-esteem, excessive worry
- Headaches, hair loss, insomnia
- Low energy, loss of sex drive
- Strange or violent thoughts, trance-like states
- Weight changes, especially marked weight loss and weakness

## Health Education Consultation

### The Philosophy

We know what it's like to have hormone-related problems and we understand the questions and concerns you have regarding treatment options. That is why our health educator/exercise physiologist should be your first step in getting help. She will discuss often overlooked hormonal connections, recommend services appropriate for you, and provide tips to help answer questions you have about your options, and help you work more effectively with your health professionals.

### Who Should Consider A Health Education Consultation?

- Women of all ages who suspect they have hormone-related problems
- Women with hypothyroidism, premenstrual syndrome (PMS), postpartum depression, perimenopause or postmenopausal concerns
- Women with chronic unresolved depression
- Women with chronic fatigue syndrome or multiple chemical sensitivities
- Women with sexual function difficulties
- Women who want to discuss options such as natural hormones and/or alternative therapies
- Women with breast cancer or a history of breast cancer who are going through menopause

### Symptoms To Watch For:

Symptoms generally include emotional and/or physical symptoms such as anxiety, depression, fatigue, anger, joint and muscle pain, sleep disorders, lack of energy, weight gain, headaches and migraines—although they vary according to the individual and to the problem.



**Call direct to our Scheduling Coordinator at 520-631-2283 to schedule an appointment or to receive detailed instructions.**

**Or, you may call our main office in Tucson at 520-797-9131 to tell our Staff you would like our Second Opinion Information Package.**

