

Case Study

LIVING THEIR BEST LIVES: Renew Youth Re-energizes a 30-Year Relationship

PATIENTS:

Audrey and Tim Swann*

AGES:

55 and 63 (respectively)

BEGAN TREATMENT WITH RENEW YOUTH:

Early 2022

SYMPTOMS:

Audrey—Hot flashes, night sweats, fatigue, brain fog, mood swings, insomnia, weight gain, hair loss, dry skin, decreased libido

Tim—Fatigue, mildly depressed mood, weight gain, reduced muscle mass, unproductive workouts, decreased libido

TREATMENT REGIMEN:

Audrey—

- Bi-estrogen cream (topical)
- Oral progesterone capsules
- Testosterone (topical)
- DHEA
- Thyroid (T3 monotherapy)

Tim—

- Testosterone 2x/week (injection)
- Estrogen blocker
- Enclomiphene
- DHEA

CHANGES:

Audrey—Better sleep, improved mental acuity, hot flashes and night sweats eliminated, improved mood (happier), improved muscle tone, better skin and hair texture, increased libido

Tim—Significant increase in energy, enhanced workouts, improved body composition, improved mood (happier), increased libido

Audrey admits that when she was younger, she thought of 35 as being her peak in terms of vibrancy and health. “After that,” she says, “I just thought there was a slow, steady decline into oblivion.” Now 55, she is happy to have been proven wrong. “My 50s have been the best time of my life,” she reports.

However, Audrey spent much of her 40s and early 50s suffering from hot flashes, night sweats, insomnia, brain fog, and other symptoms of perimenopause and menopause. Unfortunately, she didn’t get much by way of solutions from her primary care doctor or her gynecologist.

Meet Audrey

After describing her symptoms, Audrey recalls being told by a young nurse practitioner, “This is part of getting older. You just need deal with it.” That didn’t sit well with Audrey. “I have a life to live and a business to run,” she says. Until she found Renew Youth, she felt like no one took her concerns seriously.

Once she began doing her own research, she learned about the many benefits of hormone replacement therapy. “Too often women are told, ‘You don’t need hormone therapy. Why should you want that?’ But why shouldn’t I want to live my best and healthiest life during my 50s, 60s, and beyond? Why can’t I be the best version of myself? And why couldn’t I get somebody to listen to me? Renew Youth listened.” Audrey explored several hormone therapy providers, but when she spoke to Renew Youth, she knew they were a good fit. “They were so kind and warm,” she says. “You know, it’s not fun to talk about your low sex drive and your feelings about getting older, but they made it so easy.”

Not only has Audrey’s regimen eliminated her night sweats and her brain fog, but there have been other benefits she hadn’t anticipated. “I feel more confident,” she says. “I feel much more assertive in the business world.” She says that it has also improved her competence as a musician. Playing complicated pieces demands good cognitive recall and memory, and Audrey says her playing has improved dramatically since beginning treatment.

When Audrey's husband, Tim, saw the dramatic impact hormone therapy was having on his wife, he began to wonder if it could help him, too.

Meet Tim

Tim says it had become normal for him to come home at lunch time so he could take a nap. He wasn't sleeping well at night, and he had no energy during the day. As he neared retirement, Tim didn't like the prospect of spending his time in a recliner watching TV.

"I wanted to feel better as I went into retirement," he says. "I wanted to have more energy." Tim began his regimen with Renew Youth three months after his wife started, and it has been a game changer for him, as well.

"I noticed a dramatic increase in my energy level," he says. "I'm riding our Peloton bike, walking the dogs... With retirement knocking on my door, I wanted to make some very deliberate changes with regard to my health, and this has been part of it."

Audrey Plus Tim Equals Energized Happiness

Even better than the changes Audrey and Tim have experienced individually are the changes they have experienced as a couple. As they approach their 30-year wedding anniversary, Audrey says that because they both feel so much better, they are also thriving as partners.

"I've noticed a tremendous improvement in Tim's health," says Audrey. "A huge increase in energy. He seems a lot happier. I know he's sleeping better."

"It's lovely. I didn't know it could be this good during mid-life," says Audrey. "We have a lot more sex, and we have a lot more fun together. We're playful, and we're just having a good time."

So much for a slow, steady decline into oblivion. This couple is happy to be doing the opposite.

**Please note that names have been changed to protect patient privacy.*

