

A PATIENT'S STORY

DEBRA FISHER

LIVING HAPPILY EVER AFTER

by Bonnie Kline



Debra Fisher was looking forward to the time in her life when her children were grown and out on their own. It would be a time for herself - a chance to do so many things she hadn't done while raising and nurturing her children. But, about the time that her daughter, Sara, went off to college and her son, Corey, started his career, Debra began to experience symptoms associated with perimenopause: fatigue, mental depression, hot flashes and migraine headaches. Debra felt robbed. Now, when she had the time to do things she wanted, she didn't feel well.

Her major concern was the headaches. She thought they were due to hormones and went to see her primary care physician, about three years ago. After testing, he told her that her hormone levels were within the normal levels. Only later did she discover that little testing has been done on hormone levels at her age. Debra says, her doctor assumed it was stress and prescribed a pain killer. He also told her that all women had to go through some of the symptoms of menopause and that she would just have to tough it out.

Debra's sister had a different suggestion. She had tried hormone replacement therapy with a doctor in Arizona and was very pleased with the results. Debra started looking for a physician trained in the

procedure who was closer to her home in California.

"When I found Dr. Sun nearby in Irvine, I felt it was meant to be," Debra says.

She says her primary care physician and her gynecologist were clueless about the procedure and they warned her about risks. But, Debra is a pharmacy technician and started reading up on HRT. After researching it herself and talking to friends and family who were happy with the procedure, she started treatments with Dr. Sun in October, 2006.

She is thrilled with the results. She feels much better and many of the symptoms have lessened or disappeared. It has made a difference, not only in her life, but in her children's and husband's lives. Loss of libido is just one aspect that affects the mates of women going through perimenopause and menopause. She had not realized how her mood swings had affected her family.

"My moods were all over the place. Now they are on a consistent level," says Debra. "Dr. Sun has the right combination of hormones."

Debra adds, "It is truly amazing, I feel better than I have in twenty years. What my sister said changed my life."

Debra Fisher is looking forward to living happily ever after.

COMMENTS FROM DR. SUN'S PATIENTS

After Dr. Sun started the bio-identical hormone therapy with pellet implant, my hot flush and night sweat went away. In 7 months, I lost 16 pounds, more than 4 inches from my waist and 7 inches from stomach. My facial wrinkles also reduced! With increased energy and mental clarity, I cannot tell you how much better I am feeling overall. All women should have this information made available and I have encouraged many friends to contact Dr. Sun in regard to this wonderful hormone option. -*Ruth D.*

I had had hot flush, low libido, no energy, weight gain and felt depressed. I tried synthetic hormones and hormone cream without improvement. The majority of my medical problems are gone within four weeks by having the pellet. I definitely would recommend the SottoPelle® therapy! -*Marsha S.*

I tried estrotest pills, estrogen cream and patch. None of these treatments worked for me. Not only that, I also gained weight quickly. The pellet begins to work within a week. By the end of the first 2 weeks, I was able to sleep, and my hot flush had significantly reduced in frequency, within a month were gone all together. These pellets can help women who don't respond to other traditional methods of HRT. They work great for me and I would recommend them to anyone looking for relief from menopausal symptoms. -*Kimberly B.*

**TO MAKE A CONSULTATION
APPOINTMENT WITH DR. SUN,
PLEASE CALL THE
INTEGRATIVE WELLNESS CENTER
OFFICE: 949.768.6780
FAX: 949.768.6782.
FOR MORE INFORMATION, PLEASE VISIT
OUR WEBSITE
THEINTEGRATIVEWELLNESSCENTER.COM**