

Emerging Therapies

The conversation has changed. Here's what's current.

Supplements support your foundation. For some people, there's a medical layer worth understanding too.

The Conversation Has Changed

If you were told hormone therapy was risky, that's outdated. In late 2025, the FDA requested removal of long-standing warning labels — because the original research studied women in their 60s, not the 40s and 50s when most women actually start treatment. Prescriptions have more than doubled since 2018.

Three Categories Worth Understanding

- **Hormone Replacement Therapy (HRT)**

Replaces declining estrogen and progesterone. First-line treatment for hot flashes, night sweats, and vaginal symptoms — now showing real bone, heart, and brain benefits when started at the right time.

- **GLP-1 Medications**

Regulate appetite and blood sugar hormonally. One of the most studied medication categories in recent years — most trial participants are women in their 40s and 50s.

- **Peptide Therapies**

A fast-evolving, less settled category. Some have real evidence; others don't yet. This is the one area where “ask a professional first” is the right move, not a self-directed decision.

One Thing Worth Avoiding

Compounded bioidentical hormones — pellets, troches, custom blends sold as “more natural” — aren't FDA-regulated, and dosing varies batch to batch. FDA-approved options provide the same hormones with real oversight behind them.

ONE RULE THAT CHANGES EVERYTHING

Have the conversation before you have an opinion.

Our partner physicians can review your bloodwork and history and give you an honest answer — not a guess based on what you saw online.

That's the complete guide. A free consultation with one of our physician-led partner clinics is the fastest way to turn it into a plan.