



**Debbie Reynolds Hughes MSN, PMHNP, FNP, BC**

*Debbie received her master's of science in nursing from the University of Nebraska Medical Center. Her specialty areas are Psychiatry and Family Practice. She trained in a dual track program that emphasized holistic care by treating the patient's physical and psychological needs simultaneously. She is board certified by the American Nurses Credentialing Center as a Psychiatric Nurse Practitioner and also with the American Academy of Nurse Practitioners as a Family Nurse Practitioner.*

*As a holistic practitioner, Debbie offers a variety of services for the entire family, including medical and psychological diagnostic evaluation, medication management, weight loss, counseling and wellness coaching. One of Debbie's focus areas is treating men and women's hormone imbalances with the use of bio-identical hormones. She also specializes in diagnosing and treating nutritional deficiencies. Debbie has over 25 years of experience as a healthcare professional with her focus on keeping patients well and preventing the onset of chronic disease.*

**Schedule Your Appointment with Debbie TODAY!**  
**(402) 408.0017**

**Q What is Bio-identical hormone replacement therapy (BHRT)?**

Bio-identical hormones are plant derived and match the receptors in the human body, unlike synthetic hormones which have been altered and patented by drug companies. BHRT is prescribed and compounded based on each patient's individual body chemistry to ensure better outcomes.

**A**

**Q Is BHRT safe and effective?**

Yes. BHRT is an effective approach to treating hormone imbalances in both men and women. It is when hormone levels are low that people begin to show signs of aging and chronic disease. BHRT will increase quality of life and prevent many signs of aging, while synthetic hormones have shown to increase the risk of chronic disease.

**A**

**Q Does BHRT help with mental health and physical symptoms?**

Yes. Many of the symptoms of hormonal imbalances are mental health related, such as, depression, anxiety, mood swings, irritability, and insomnia. Physical symptoms are fatigue, hot flashes, low libido, as well as, decreased muscle mass and erections. BHRT will improve or alleviate both mental health and physical symptoms.

**A**

**Q If interested in BHRT, what is the process?**

The first step is to schedule an appointment for an initial consult. After reviewing the health history it will be determined if it is safe and appropriate for BHRT, if indicated. It will also be decided what testing needs to be done based on the symptoms. A follow up appointment will be scheduled to go over laboratory testing and if deficient, BHRT will be prescribed and compounded the day of the follow up appointment.

**A**

**Q Once on BHRT, then what?**

It is important to begin a total wellness program including stress management, proper nutrition, adequate sleep, vitamin and mineral supplementation and exercise. The hormone levels will be monitored every three months until symptoms are gone. Once experiencing great vitality, assessment every 6 months is recommended.

**A**