

# NEWSLETTER



## COULD HORMONE THERAPY BE RIGHT FOR YOU?

### 55 & Up VIP Club

5 free visits to our gym for patients ages 55 and up. Look inside for more details!

### Symptoms Of Hormonal Imbalances

Discover common signs and symptoms of a hormonal imbalance.

### Healthy Recipe

Try a healthy recipe perfect to satisfy your nutritional needs!

# NEWSLETTER

## COULD HORMONE THERAPY BE RIGHT FOR YOU?



Smart Sports in Cheyenne, WY is proud to offer hormone therapy for our patients in need.

Dr. Ross is known for his compassion, his attention to detail, and his ability to make patients feel truly heard and understood. With more than 20 years of experience in his field, and a genuine passion for practicing medicine that makes a difference, he looks forward to helping patients identify and treat the source of their problem when it comes to hormonal imbalances.

If you believe you may have a hormonal imbalance, or you want to learn about causes, symptoms, and treatment, contact our clinic today for more information.

**What are hormones?** Hormones are your body's chemical messengers. They regulate everything, from your sleep patterns to your levels of hunger. Hormones are produced in your endocrine glands, and they move through your bloodstream.

They are in charge of sending messages to your tissues and organs, which lets them know what they need to do to regulate your body. Hormones help maintain and control much of your major bodily processes, including reproduction and metabolism.

**What is a hormonal imbalance?** When you have a hormonal imbalance, it means that your body is producing too much or too little of a specific type of hormone. Even the tiniest of hormonal imbalances can have serious, noticeable effects on your body and your overall health.

**Causes of hormonal imbalances.** Hormonal imbalances can be caused by a variety of conditions. The causes differ depending on which hormones or glands are affected. Some common reasons a person may have hormonal imbalances could be due to medication, stress, eating disorders, or trauma. As we age, it is also natural and normal for our hormone levels to change, especially with menopause and andropause.

**The best way to identify possible causes of a hormonal imbalance is to visit a specialist who specializes in hormone therapy.**

# SYMPTOMS OF HORMONAL IMBALANCES

The most common signs and symptoms of a hormonal imbalance include the following problems. If you read this list and find yourself nodding your head, or checking off boxes one by one, you may be a good candidate for hormone therapy at Smart Sports.

- Acne
- Anxiousness
- Low libido
- Moodiness
- Night sweats
- Persistent fatigue
- Sleeping difficulty
- Tearful
- Increased hunger or thirst
- Sensitivity to temperature
- Weakness
- Weight gain
- Breast tenderness
- Emotional instability
- Foggy thinking
- Frequent constipation
- Brittle hair, or hair loss
- Headaches
- Hot flashes

Some symptoms are specific to women, and some are specific to men. In women, hormonal imbalances can be marked through heavy or irregular periods, skin tags, and vaginal dryness. In men, there may be a loss of muscle mass, hot flashes, slowed growth of facial hair, or erectile dysfunction.

Do any of these problems plague you? If so, hormone therapy at Smart Sports may be a good option.

**What to expect at your first hormone therapy appointment.** At your first visit, you'll sit down with Dr. Ross to talk through your symptoms and medical history. Based on your discussion, Dr. Ross will decide which labs to order and walk you through what to expect next.

Once your lab results come back, Dr. Ross will thoroughly review the results with you. Depending on these results, Dr. Ross will create a custom-tailored plan of natural hormone therapy—also referred to



as “bio-identical hormone therapy”—that you can begin immediately. The hormones in bio-identical hormone therapy creams help because they are chemically identical to the hormones your body produces.

Hormone therapy can help address your nagging symptoms and make you feel like yourself again. It can provide relief from hot flashes related to menopause, vaginal dryness, and discomfort with intercourse for all genders.

**Contact our clinic today to learn more.** Hormone therapy is nothing to be scared of, especially not here at Smart Sports! For over two decades, thousands of men and women have trusted Dr. Skip Ross to treat their hormonal imbalances (cortisol, estrogen, testosterone, and progesterone), as well as solve the many issues associated with an overactive or underactive thyroid.

If you or a loved one are dealing with any of the above-mentioned symptoms, it may be time to visit Dr. Ross here at Smart Sports in Cheyenne, WY for a complete evaluation. He'll have you feeling better in no time at all!

Sources: <https://www.healthline.com/health/hormonal-imbalance#Understanding-hormonal-imbalance>  
<https://smartsportsmed.com/physical-therapy-services/headaches-migraines/>

**CALL (307) 632-7677 TODAY TO SCHEDULE AN APPOINTMENT!**

## SLOW COOKER PUMPKIN PIE OATMEAL

### INGREDIENTS

- cooking spray, butter or coconut oil
- 1 cup steel-cut oats
- 2½ cups water
- 1½ cups unsweetened almond milk
- 1 cup pumpkin
- 3 tbsp maple syrup
- 1 tsp vanilla
- 1 tsp pumpkin pie spice
- ½ tsp cinnamon
- ¼ tsp salt

### DIRECTIONS

Coat your slow cooker with cooking spray, butter or coconut oil. Add all the ingredients into slow cooker and mix well. Cook on low for 6-8 hours. If you have a programmable slow cooker, set it to cook on low for 7 hours and then switch to warm. In the morning, give the oats a good stir as the oats will settle to the bottom. Portion into a bowl to serve and top with pecans, maple syrup and almond milk.

Source: <https://www.eatingbirdfood.com/slow-cooker-pumpkin-pie-oatmeal>



# GET IN SHAPE AT OUR FITNESS & WELLNESS GYM



Divided into four specialized areas, our 24-hour gym makes it easy to pursue your goals at a pace, intensity level, and time of day that's right for you. If you are looking for a gym service in or around Cheyenne, WY, SMART Sports is here for you. Whether you're looking to amp up your power-lifting routine, get in a full-body workout, enjoy a low-impact run, or give group fitness classes a try...we'd be thrilled to welcome you into the SMART Sports family!

**Your membership at SMART Sports gives you access to:**

- 24-HOUR MAIN GYM
- HEAVY LIFTING ROOM
- CORE/STRETCHING AREA
- 90° SALT WATER POOL



## FREE FITNESS CLASSES

- Empower Hour
- Aqua-Fit
- Wellness (recommended for seniors and beginners)
- SPRINT
- Zumba
- Zumba Gold (low impact)
- Tai Chi Basics
- Piloxing

## PERSONAL TRAINING

Looking to start a new gym program, find new workout routines, or interested in exploring workout tips for beginners? Call 307-632-7677 to make an appointment with one of our SMART Sports Personal Trainers!

## EXTRAS

- 24-hour access to the main gym, heavy lifting room, and core/stretching area
- Use of our private infrared sauna (business hours only), ideal for easing muscle/joint pain and symptoms of eczema, psoriasis, acne and other skin conditions
- Exclusive retail area with energy and pre-workout drinks; protein bars, cookies, and shakes; and vitamins

**SMART SPORTS**

**55 & UP VIP CLUB**

5307 Yellowstone Road  
Cheyenne, WY 82009

**YOU'RE NEVER  
TOO OLD TO  
WORKOUT!**

Let's Get Active

We offer a punch card for patients ages 55 and up! This card gives you **5 free visits in a month!** Ask about our punch cards during your next visit or call (307) 632-7677 to learn more!



**SMARTSPORTSMED.COM**

**FREE**

**FREE 1 WEEK TRIAL  
MEMBERSHIP**



GET

FIT!

**CALL (307) 632-7677**

NO contracts for any gym memberships. Our gym is OPEN 24/7!