




ABUNDANT
HEALTH
with Melissa



Type 1 Diabetes and Hormone Therapy

A Simple 5-Step Guide for
Women in Midlife

www.abundanthealthwithmelissa.com



When Your Body Starts Changing, It Can Feel Like Nothing Makes Sense Anymore



You've lived with type 1 diabetes long enough to know your body's rhythms. You notice patterns. You've built routines that keep you steady.

Then perimenopause arrives, and suddenly the rules feel different.

Your blood sugars start to fluctuate without warning. You feel more tired, less focused, and unsure of what your body needs now.

You are not imagining it.

These shifts are real and connected to changes in your hormones. As estrogen, progesterone, and testosterone begin to decline, they can affect everything from insulin sensitivity to sleep and mood.

I know what this feels like because I've been there myself. When I entered perimenopause after decades of living with diabetes, my energy dropped and my numbers became unpredictable. It was confusing and discouraging until I learned how hormones and diabetes truly interact.

That understanding changed everything.



That is why I created this 5-step guide. Inside, you'll find practical steps and the science behind what happens to your body during this phase of life. You'll learn how to prepare for hormone replacement therapy, what questions to ask your doctor, and how to use these changes as an opportunity to support your long-term health.

And if you are ready to go deeper, you don't have to figure it out on your own. Inside the Type 1 In Midlife Group Coaching Circle, we explore these same topics together with real tools, weekly support, and a community that understands exactly what you're facing.

Your body isn't broken. It is speaking a new language. You just need the right information and support to understand it.

[\[Schedule a Free Consultation with Melissa\]](#)

[Join our Type 1 In Midlife Group Coaching Circle](#)



H O R M O N E S

In 2002, the Women's Health Initiative (**WHI**) **study raised concerns about synthetic hormones**, linking it to heart disease and breast cancer.

Emerging research suggests bioidentical estrogen may support heart, brain, and metabolic health. Discuss options with a provider who understands both hormones and diabetes.

Experts like Dr. Felice Gersh highlight its benefits, including:

- Reducing inflammation
- Protecting the heart and brain
- Supporting immune function
- Improving insulin sensitivity
- Strengthening bone density
- Enhancing gut health

Every cell in a woman's body relies on estrogen, so its decline affects overall health. Bioidentical hormones are identical to those naturally produced by the body, making them more effective and better tolerated than synthetic hormones.

Understanding how bioidentical menopausal hormone therapy (MHT) can help is key to maintaining strength, balance, and vitality as you age with diabetes.

Why Does MHT Matter For Women With Type 1 Diabetes?



When I entered perimenopause after 36 years of living with type 1 diabetes, my blood sugars suddenly felt unpredictable. What used to work just didn't anymore. That's what inspired me to learn everything I could about hormones, and it changed everything.

Optimal hormone levels helped me:

- ✓ Lower insulin resistance – Stabilize blood sugar levels
- ✓ Improve metabolism – Prevent weight gain and muscle loss
- ✓ Reduce inflammation – Lower the risk of diabetes complications
- ✓ Enhance energy, mood, and sleep – Making diabetes management easier

Are You Experiencing

- ◆ Unexplained blood sugar swings?
- ◆ Weight gain, especially around the midsection?
- ◆ Increased insulin resistance?
- ◆ Poor sleep, low energy, or brain fog?
- ◆ Mood swings, anxiety, or depression?
- ◆ Hot flashes, night sweats, vaginal dryness, or low libido?

If you are experiencing one or more of these symptoms, your hormones may be shifting, and hormone therapy may help bring you back into balance.

MHT: The What, When and How

Bioidentical Estradiol (Estrogen)

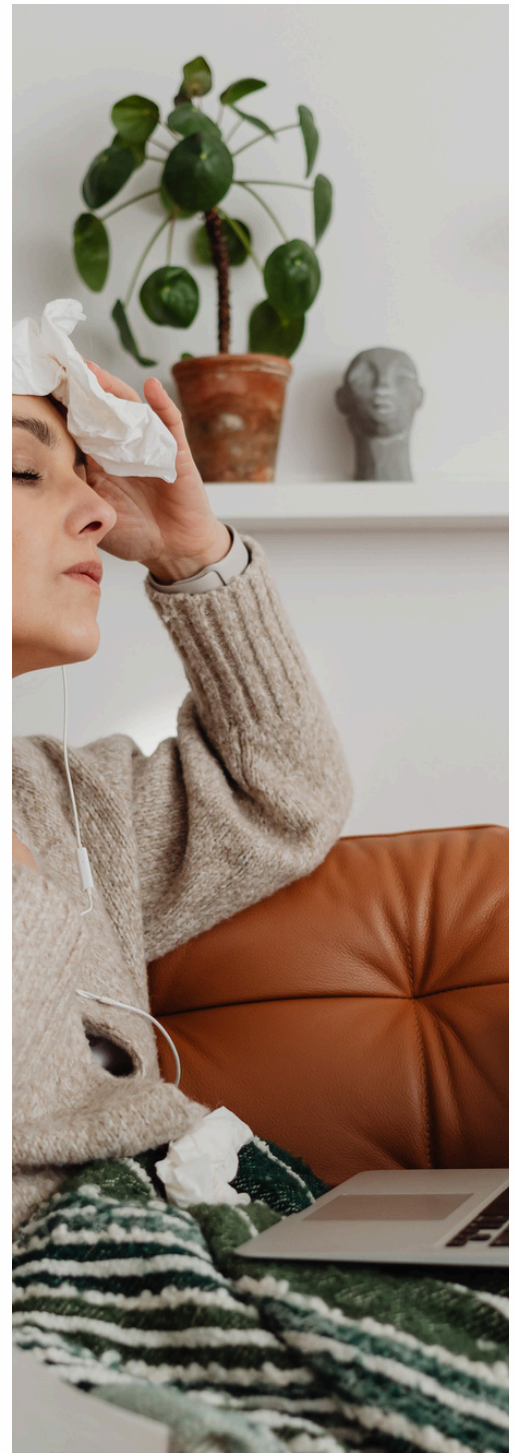
What it is:

The primary estrogen that regulates metabolism, insulin sensitivity, and cardiovascular health.

How it helps:

- ✓ Improves insulin sensitivity – Makes blood sugar easier to manage
- ✓ Prevents abdominal weight gain – Supports a healthy metabolism
- ✓ Reduces inflammation – Lowers risk of diabetes complications
- ✓ Supports brain and nerve health – Protects against neuropathy
- ✓ Enhances mood and sleep – Reduces anxiety, depression, and insomnia

Common forms: Patches, creams, pellets or gels



Bioidentical Progesterone

What it is:

Works with estrogen to regulate metabolism, sleep, and mood.

How it helps:

- ✓ Promotes deep sleep – Reduces cortisol and overnight blood sugar spikes
- ✓ Prevents estrogen dominance – Supports hormonal balance
- ✓ Lowers blood pressure & protects heart health – A major concern for women with diabetes
- ✓ Reduces night sweats and hot flashes – Improves sleep and recovery

Common forms: Oral capsules (like Prometrium), creams, or troches

Bioidentical Testosterone

What it is: A hormone crucial for muscle strength, metabolism, and energy.

How it helps:

- ✓ Builds muscle & increases insulin sensitivity – Helps regulate blood sugar
- ✓ Boosts metabolism & prevents weight gain – Supports fat loss
- ✓ Improves energy, focus & motivation – Reduces brain fog and fatigue
- ✓ Enhances libido & sexual health – Helps restore sex drive and function

Common forms: Creams, gels, or subcutaneous pellets

The 5 Steps to Finding What Works for You



1) Prepare Your Body

Start by getting curious about what's really happening. Track your symptoms, blood sugar patterns, and energy levels. Notice what feels different. Small details can reveal big insights.

Then, focus on the foundations: steady nutrition, stress management, movement, and sleep. These create the stability your body needs before introducing MHT

2) Partner with the Right Provider

Work with a healthcare professional who understands both diabetes and menopause. The Menopause Society has a directory of practitioners who specialize in hormone care. This partnership matters—it ensures your plan is built for your unique needs

3) Test Before You Treat

Before starting HRT, ask your provider to check your estrogen, progesterone, testosterone, and markers for insulin resistance. Testing provides a baseline so you can measure progress and make adjustments with confidence..

The 5 Steps to Finding What Works for You



4) Find the Right Fit

MHT is not one-size-fits-all. Some women do best with patches or creams, others with oral options. The right form depends on your comfort level, your body's response, and your provider's guidance.

5) Listen, Learn, and Adjust

Once you begin, keep notes on how you feel. Track your blood sugars, energy, and sleep. Bring this feedback to your provider and adjust as you go. It's not about perfection—it's about learning your body's new rhythm.

If you want support while you navigate these steps, you're not alone. Inside the Type 1 In Midlife Group Coaching Circle, we help you put this plan into action, one step at a time.

[Join our Type 1 In Midlife Group Coaching Circle](#)

Long-Term MHT & What to Expect



How long should I take MHT?

- There's no one-size-fits-all answer. Continue as long as it benefits you!

What happens if I stop MHT?

- Stopping HRT may cause blood sugar fluctuations, weight gain, brain fog, and returning perimenopause and menopause symptoms.
- Loss of hormones can also increase the risk of heart disease, osteoporosis, and cognitive decline.

Is MHT safe long-term?

- ✦ Forget the myths—many women benefit from long-term hormone use to maintain quality of life.

This guide is a great starting point. Inside my coaching programs, we take these lessons further and apply them to your daily life so you can see real results and feel more confident.

Take the next step today:

[Schedule a Free Consultation](#)

[Join our Type 1 In Midlife Group Coaching Circle](#)

YOUR GO TO

RESOURCE LIST

EP 27 - NUTRITION, HEALTH, AND HOPE: INSIGHTS

EXPLORE HOW HORMONES, ESPECIALLY DURING MENOPAUSE, AFFECT YOUR HEALTH AND WHY THEY SHOULDN'T BE FEARED. DISCOVER VALUABLE INSIGHTS INTO CORTISOL, INSULIN, AND THEIR EFFECTS ON YOUR BODY.



BLOG: MYTHS & FACTS ABOUT HRT

AS WE NAVIGATE THE CHALLENGES OF MENOPAUSE AND TYPE 1 DIABETES, REMEMBER THAT YOU DON'T HAVE TO FIGURE IT OUT ALONE. CONSIDER HRT TO IMPROVE YOUR WELL-BEING WHILE FIRST FOCUSING ON BALANCED HORMONES, BLOOD SUGAR MANAGEMENT, AND A HEALTHY LIFESTYLE.



TOP BOOKS, PODCASTS, AND RESOURCES FOR DIABETES AND MENOPAUSE

I'M PASSIONATE ABOUT LEARNING, ESPECIALLY ABOUT IMPROVING LIFE WITH TYPE 1 DIABETES AS WE AGE. THESE BOOKS AND PODCAST EPISODES WITH AMAZING EXPERTS ARE MY GO-TO FOR FRESH IDEAS TO ENHANCE DAILY ROUTINES. I HOPE THEY INSPIRE YOU TOO!"



THE MENOPAUSE SOCIETY

PROVIDING HEALTHCARE PROFESSIONALS WITH THE TOOLS AND RESOURCES NECESSARY TO GUIDE WOMEN THROUGH THE MENOPAUSE TRANSITION AND BEYOND.

