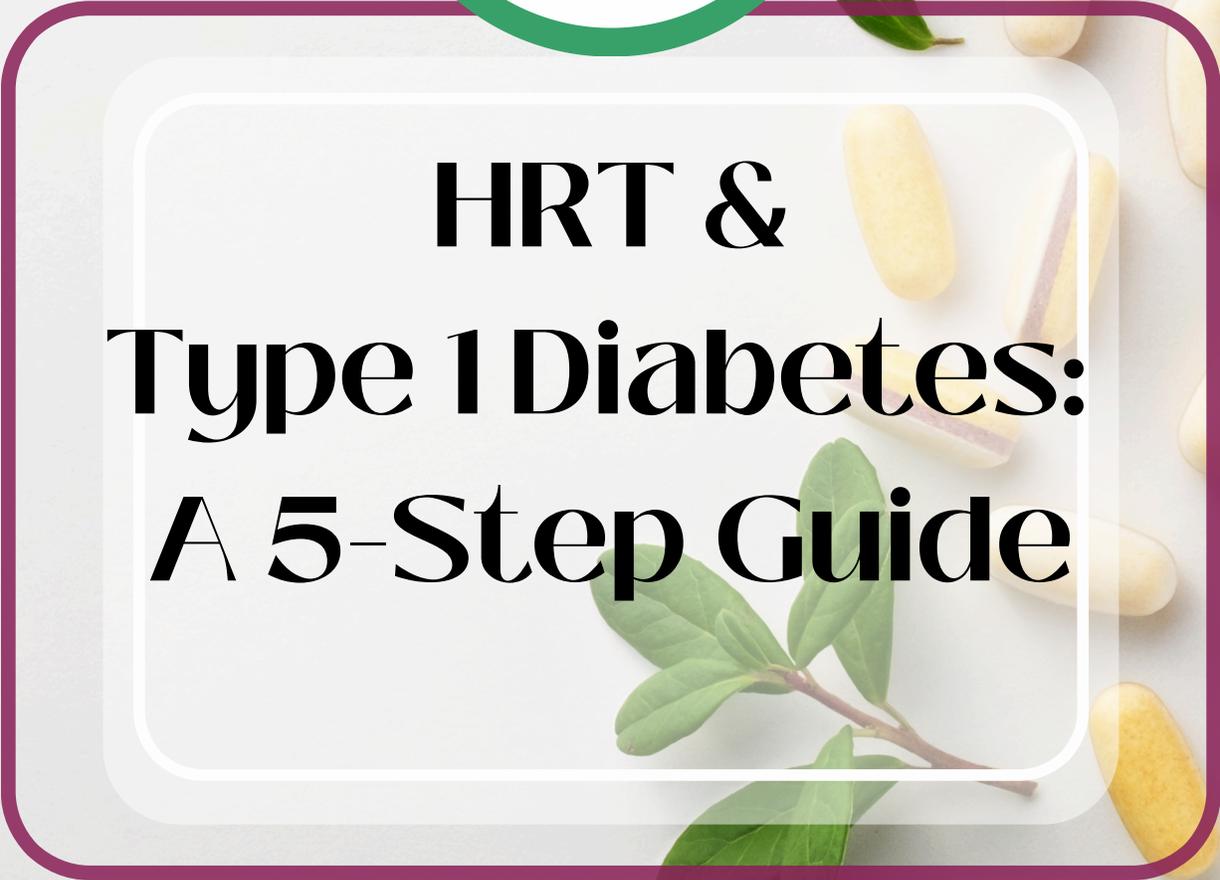




ABUNDANT
HEALTH
with Melissa



HRT & Type 1 Diabetes: A 5-Step Guide

The What, When & How on
Hormone Replacement Therapy
to Better Manage Your Care

www.abunddanthealthwithmelissa.com

Managing Diabetes During Perimenopause and Menopause Is Tough



Hormone changes can wreak havoc on blood sugar and inflammation—making balance essential for overall health and diabetes management.

As estrogen, progesterone, and testosterone decline, insulin resistance rises, causing unpredictable blood sugar fluctuations. I've been through this journey myself and created this simple 5-step guide to share the tools I wish I had during menopause.

Too many women navigate this transition alone, unaware that real solutions exist. **Managing blood sugar during perimenopause requires a proactive approach—monitoring insulin needs, addressing symptoms, and building strong daily habits.** While hormone replacement therapy (HRT) can be transformative, your body must be prepared to absorb and utilize it effectively.

In the [Abundant Health Group Coaching Circle](#), I provide expert guidance, practical resources, and sustainable health strategies to help you take control of this phase with confidence.

This guide will help you understand what HRT is, when to consider it, and how to use it to support blood sugar control, metabolism, and long-term vitality.



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

Newer **research shows that bioidentical estrogen is safe** and essential for women's health.

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 HRT can help is key to maintaining strength, balance, and vitality as you age with diabetes.

Why Does HRT Matter For Women With Type 1 Diabetes?



Optimal hormone levels:

- ✓ 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

When to Consider HRT

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 yes, your hormones may be shifting, and HRT could help restore balance.

HRT: The What, When and How

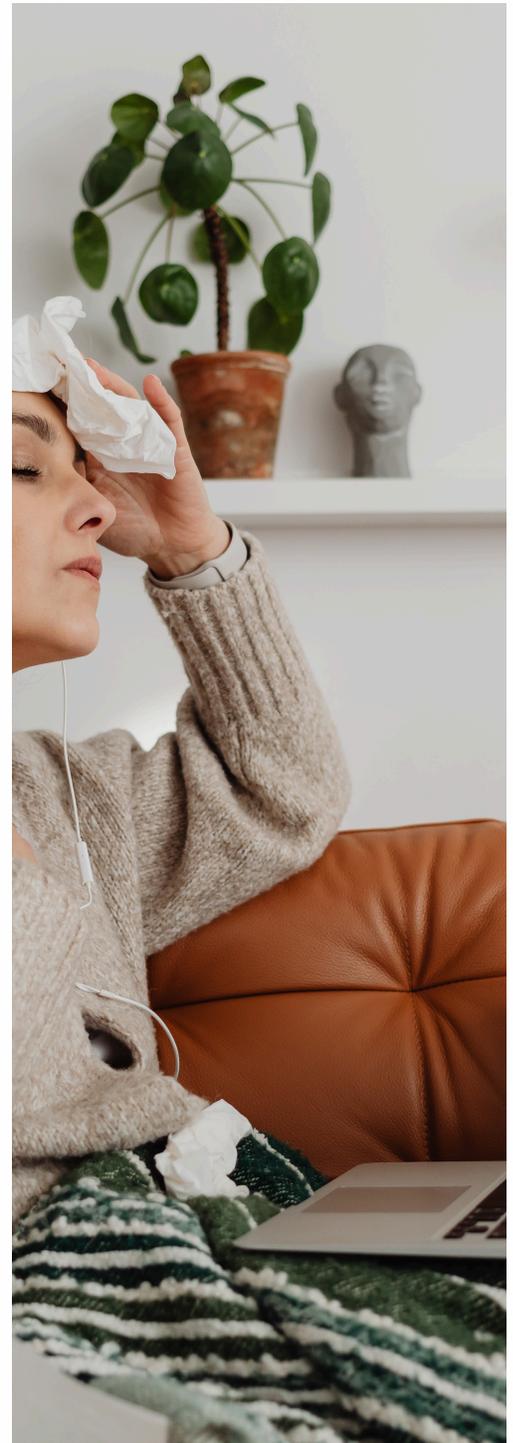
Bioidentical Estradiol (Estrogen)

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

HRT: 5-Step Guide



1) Prepare Your Body for HRT

- ◆ Track & Recognize: Monitor blood sugar patterns and symptoms to understand your body's changes.
- ◆ Build a Strong Foundation: Optimize nutrition, manage stress, and adjust insulin settings for better hormone balance.

2) Find the Right Practitioner

- ◆ Work with a hormone-literate doctor or functional medicine provider who understands diabetes and menopause.
- ◆ Visit [The Menopause Society](#) site for a directory of specialists.

3) Get the Right Hormone Testing

- ✦ Test your hormone levels to assess estrogen, progesterone, testosterone, and insulin resistance.
- ✦ The best time to test in perimenopause depends on your cycle, but your provider will guide you.

4) Choose the Right HRT Form for You

- ◆ Estrogen options: Patches, creams, gels, or oral tablets
- ◆ Progesterone options: Oral capsules, creams, or troches
- ◆ Testosterone options: Creams, gels, or pellets

5) Monitor & Adjust as Needed

- ✦ Track how HRT affects your blood sugar, energy, and symptoms.
- ✦ Regularly check in with your provider to adjust doses as needed.

Long-Term HRT & What to Expect



How long should I take HRT?

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

What happens if I stop HRT?

- 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 HRT safe long-term?

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

Take Control: Balance Hormones & Manage Diabetes with Confidence

💡 Take the first step today:

- ✓ Find a practitioner who understands diabetes & menopause, request hormone testing and your HRT options.
- ✓ Continue to track your symptoms and blood sugar to see how hormones impact you.
- ✓ Advocate for your long term care and seek a community who gets it.

💬 Need more guidance?

Join our Abundant Health Group Coaching Circle for expert support, resources, and sustainable health strategies.

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.

