

YOUR HORMONES. YOUR STORY. YOUR CARE.

Female Hormonal Health & Therapy

Female hormonal health is deeply personal. It shifts, evolves, and speaks to you in ways only you can feel. At Lumiya Health, we listen – and we act with **precision, compassion, and evidence.**

LUMIYA HEALTH
DR ANKE VAN ZYL INC

Our **Female Hormonal Health & Therapy** service focuses **exclusively** on hormone-based assessment and treatment – guided by clinical data, careful assessment, and your lived experience. Care is **never** one-size-fits-all.

Looking for contraception or non-hormonal menopause care? Visit our [Contraception & Female Sexual Health](#) service.

IS THIS YOU?

Signs Your Hormones May Need Support

🥱 Persistent fatigue or low energy

🔥 Hot flashes & night sweats

🧠 Brain fog & poor concentration

⚖️ Unexplained weight changes

😬 Mood changes & anxiety

🌙 Sleep disturbances

📅 Irregular cycles

💖 Changes in libido

YOUR JOURNEY

How the Process Works

1

Initial Consultation

In-depth assessment of your symptoms, history, and health goals.

2

Targeted Investigations

Blood tests or additional screening – only where clinically appropriate.

3

Results Review Consultation

Detailed explanation of results and shared treatment planning – together.

4

Ongoing Follow-Up

Monitoring, treatment adjustments, and long-term support. Some care is available virtually.

OUR PROCESS

What We Assess & Investigate

YOUR HISTORY

Medical, menstrual & reproductive history · Current symptoms & progression · Lifestyle, stress, sleep & nutrition · Medication & supplement review

INVESTIGATIONS

Oestrogen, progesterone, LH, FSH · Thyroid function · Adrenal & stress markers · Insulin resistance · Vitamins & micronutrients

⚡ Testing is always tailored – not every patient needs extensive panels. Results are interpreted in full clinical context.

TREATMENT

Personalised Plans. Real Results.

🌿 HORMONE THERAPY (WHEN INDICATED)

Menopausal hormone therapy (MHT/HRT) · Perimenopausal hormonal support · Cycle-specific hormone optimisation · Careful initiation, dose adjustment & monitoring

🌱 ADJUNCTIVE SUPPORT

Lifestyle & nutrition guidance · Stress and sleep optimisation · Supplement recommendations · Weight & metabolic health support

🔥 GOOD TO KNOW

Hormonal therapy is **never** initiated without proper assessment. Treatment is always individualised – there is no universal protocol. This service complements, but does not replace, specialist care. Referrals are made whenever additional input is required.

Ready to Understand Your Hormones?

Your hormones are telling a story. We're here to help you read it – and rewrite the chapters that aren't serving you.