

Bio-equivalent

Hormone Therapy for Men and Women



Let Bio-equivalent Hormone Therapy help you feel like yourself again.

Bio-equivalent hormone pellets contain either estradiol or testosterone and are inserted under the skin in the abdomen or the upper buttocks under local anesthesia.

This type of hormone replacement is one of the most effective and natural forms of hormone replacement available. Bio-equivalent hormones are derived from plant sources such as soy and are compounded to be biologically equivalent to human estradiol and testosterone.

These hormone pellets are near the size of a grain of rice and have a continual release of the natural hormone over a period of 4-6 months. Appropriate blood testing is performed prior to insertion to determine the dosages best suited for each individual.

Bio-equivalent (formally termed as bio-identical) hormones are safer and react differently in body tissues than do the "synthetic, or chemically developed substitutes (such as those used in the Women's Health Initiative Trial)*. Synthetic substitutes are found in progestins, birth control pills, or purified animal urine sources which have very different tissue effects and may result in increased clotting risks, heart attack, and stroke risks.

Of the many various forms of hormone replacement, bio-equivalent pellets offer

better long term stable hormone levels. This stability provides a better effect in reducing vaginal dryness, headaches, decreases fat mass, anxiety, depression; and restores normal sleep patterns. This form of therapy improves: memory, concentration,

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bone mineral density (reducing fracture risk), performance, libido, and muscle strength. Other improvements include: a superior relief of menopausal symptoms, and thickens urethral and vaginal tissues.

Hormone pellets can be very effective in treating PMS and post partum depression.

Hormone pellets have been used in the U.S.A. since the early 1930's and are commonly used in Australia and throughout Europe. They are highly successful in treating Menopause and Andropause (the male equivalent to menopause in women) and occurs as men grow older and no longer produce enough hormones to meet their usual needs. Bio- identical testosterone has been shown to decrease the risk of breast cancer in women. In men, testosterone replacement combined with another medication will reduce the male body's conversion to estrogens and thus reduces their risk of male breast and prostate enlargement.

Bio-equivalent pellets offer better long term stable hormone levels and thus have a better effect in reducing andropause and menopausal symptoms.

Deficiencies of Estradiol may result in:

- Hot Flashes
- Headache
- Spotting
- Dry skin
- Depression
- Vaginal dryness/atrophy
- Sleeping disorders
- Osteoporosis
- Night sweats
- Painful intercourse
- Anxiety
- Mood swings
- Irritability
- Yeast infections
- Decreased libido
- Poor concentration

Deficiencies of Testosterone may result in:

- Decreased Libido
- Muscle weakness
- Erectile dysfunction
- Lack of concentration
- Fatigue
- Headaches
- Lack of motivation
- Diminished feeling of well being
- Depression
- Difficulty with orgasm
- Osteoporosis

How do I get started with Bio-equivalent hormone replacement therapy?

- Have a complete physical exam within the year with your primary care physician or here in our office.
- Obtain a mammogram if a female or a prostate exam if a male
- If female and uterus is still present, then a pelvic ultrasound in the office and repeat it 3 months later while on hormone therapy.
- Physician will review your current history and medications, age, height and weight and will order some blood tests prior to coming in for hormone pellet insertion.

Blood tests for men:

- A.M. blood draw of Total and Free Testosterone levels, PSA, Estradiol, CBC, Liver profile, HS CRP, TSH, T3 and T4 levels, BUN/Creatinine level and may include fasting insulin and glucose levels.

Blood tests for women:

- FSH, Estradiol, Total and Free Testosterone levels, CBC, HS CRP, TSH, T3 and T4 levels, serum Ca++, and complete metabolic profile, and may include fasting insulin and glucose levels.

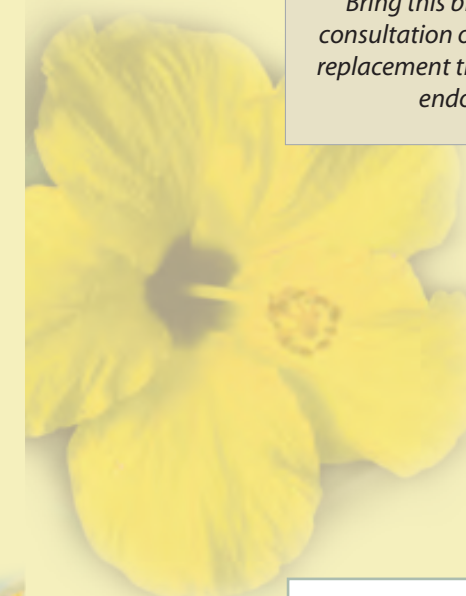
*Blood tests may be drawn through your primary care physician's office or through any hospital or contracted lab that accepts your insurance.

"Her Option" Endometrial Ablation-

"Her Option" is an office based ablation of the endometrial lining used to significantly reduce or eliminate heavy uterine bleeding, clotting, and/or significantly shorten the number of days of menstrual flow. Frequently periods become lighter, result in less cramping and in 26% of patients periods are completely eliminated.

Endometrial ablation is not a sterilization procedure however, you must be sure you are finished having your family and no longer plan on pregnancy.

Bring this brochure in to receive free consultation on bio-equivalent hormone replacement therapy and/or "Her Option" endometrial ablation.



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