

BIOTE[®] - FREQUENTLY ASKED QUESTIONS



Q: What are bio-identical hormones?

A: They are derived from a natural plant source and professionally compounded to be biologically identical to human form of estradiol and testosterone. The body is given what it can no longer produce.

Q: What can I expect bio-identical hormones to do for me?

A: The quality of life given back to every man or woman is second to none. – Increased energy levels
-Restore or increase sexual drive -Consistency in moods – no more roller coaster effect -Relief from anxiety and depression -Decreased body fat -Increased mental clarity and focus -Greater capacity for getting the body in shape

Q: How often will I need treatment?

A: It depends on the person, but anywhere from 4-6 months.

Q: What are Pellet Therapy Side Effects?

A: Unlike other forms of hormone therapy, there are few side effects. Two percent of patients experience mild acne or facial hair, and less than 1% experience hair thinning. All of these mild side effects are easily treatable. BioTE[®] Medical's hormone pellet therapy side effects are minimal when compared to other hormone delivery methods. That's because BHRT pellet therapy delivers consistent amounts of hormones 24 hours a day, for 4 to 6 months.

Q: I get horrible headaches, will this help me?

A: Yes! Bio-identical therapy has had great success with hormone related headaches.

Q: If I am a woman, do I still need estrogen?

A: Bio-identical absorbable estrogen is the most important hormone for a woman to protect her against heart attack, stroke, as well as osteoporosis and Alzheimer's. Synthetic estrogen taken orally does not offer the universal benefits.

Q: I have no libido, what will this do for that if anything?

A: Good hormone balance will greatly improve your sexual desires.

Q: Will I grow unwanted hair from the testosterone?

A: There is less chance of hair growth with bio-identical hormones.

Q: Do I need other medications?

A: Unless the uterus has been removed, women will also need progesterone, to protect the uterine lining.

Q: What's the Difference Between Bio-identical Hormone Pellets and Creams?

A: There are a number of ways that hormone pellet therapy differs from bio-identical creams. BHRT pellet therapy is injected subcutaneously, resting beneath the skin. This injection eliminates the "roller coaster" effect that often accompanies BHRT creams.

Q: What Does Pellet Therapy Cost?

A: Generally, the BHRT pellet therapy cost is competitive with other hormone therapy delivery methods. The Women's Wellness Institute of Dallas charge \$350 for female pellets and \$650 for male pellets. Of course, the cost of hormone pellet therapy can differ based on your individual treatment plan and needs. Please also note, this is the charge for the pellet, not for any pre or post pellet appointments.

Q: What is Hormone Pellet Therapy

A: Pellet Therapy uses hormones derived from natural plant sources to replicate the body's normal hormonal levels. Patients have found that bio-identical hormone replacement therapy with pellet implants is extremely effective. Implants, placed under the skin, consistently release small, physiologic doses of hormones providing optimal therapy.

Unlike typical oral and transdermal forms of therapy – which produce “roller coaster” hormone levels, resulting in mood and energy fluctuations for the patient – BioTE® Medical Hormone Pellet Therapy, is the only method of hormone therapy that provides sustained hormone levels throughout the day, for up to 4 to 6 months, without any “roller coaster” effect. Because the hormones used are completely natural, Pellet Therapy is ideal for patients wanting the benefits of a natural hormone, without the drawbacks of a synthetic.

Q: What are Hormone Pellets?

A: Pellets contain a natural plant source of estrogen and testosterone. A compounding pharmacist, using strict federal guidelines, compounds the estrogen and testosterone utilized in the pellets. These pellets, which are smaller than a grain of rice, are placed in the fatty tissue underneath the skin and most closely mimic the actions of healthy ovaries and testicles with regards to hormone release into the bloodstream. The hormone pellet implantation procedure is easily performed in the office.

Q: Hormone Pellet Therapy for Women:

A: In studies, when compared to conventional hormone replacement therapy, pellets have been shown to be extremely effective for relief of menopausal symptoms, maintenance of bone density, restoration of sleep patterns, and improvement in sex drive, libido, sexual response and performance, relief of depression, anxiety, irritability, mood swings, and many others. Pellet implants have been used to treat migraine and menstrual headaches. It also helps with vaginal dryness, incontinence, urinary urgency and frequency, to name a few. Moreover, hundreds of studies show natural testosterone to be HIGHLY PREVENTATIVE against breast cancer, osteoporosis, and Alzheimer's dementia, to name a few.

Q: Hormone Pellet Therapy for Men:

A: Testosterone levels begin to decline in men beginning in their early 30's. Most men need to be tested around 45 years of age. Symptoms of testosterone deficiency in men include fatigue, lack of mental acuity, loss of libido, and difficulty achieving, or sustaining erection. It is never too late to benefit from hormone therapy. Pellet Therapy achieves the sustained levels of testosterone that would be produced by normally functioning testicles. This form of therapy is the only kind that produces the natural level of hormone that men need. Because the testosterone used is totally natural, Pellet Therapy is ideal for men wanting the benefits of a natural hormone, without the drawbacks of a synthetic. Moreover, many studies show optimal testosterone levels in men, over 800, have preventative effects for many disease states such as: cardiovascular disease, Alzheimer's disease, prostate cancer, osteoporosis, and more. Typical oral and transdermal forms of therapy produce “roller coaster” blood levels of testosterone, which can result in mood and energy fluctuations for the patient. Roller coaster levels of hormones do not have the same long term benefits as steady state hormone in the bloodstream.

Q: What if my primary care physician says that there is 'no data' to support the use of pellet implants? And is it safe?

A: It's about a patient making an informed choice. Researched and developed since 1939 in the US and Europe, there is a myriad of data to support the 'long term' safety and efficacy of hormones delivered by pellet implants. Bio-identical hormone Pellet Therapy is being used safely in 5 continents and has been studied for 8 decades, not only looking at safety and efficacy but the prevention of disease states such as breast cancer, heart disease, osteoporosis, Alzheimer's dementia, Type 2 diabetes and so much more.

There are hundreds of studies available to practitioners with regards to hormone pellet therapy, unfortunately most do not know where to find them nor take or have the time to research the studies. If you would like to learn more, call us today at 214-442-0055 and schedule your initial appointment with Dr. Wesley Anne Brady, M.D..