

BIIDENTICAL HORMONE PELLETS

THERAPY REPLACEMENT



HTCA
HORMONE THERAPY
CENTERS OF AMERICA



WHY

BIOIDENTICAL PELLET THERAPY?

Every day 6,000 women enter into Menopause and symptoms of Menopause can begin up to 15 years earlier.

Women will lose 50% of their Testosterone production between the ages of 20-40. Up to 40% of men over the age of 45, are deficient in Testosterone production. Men lose up to 3% Testosterone production per year after age 35, this is called Andropause.

Symptoms associated with hormone deficiency include:
Hot flashes/nights sweats, Decreased energy levels/poor sleep, Low libido, Brain fog, Irritability, Depression, Increased body fat

Testosterone has over 3,000 functions, and Estradiol has 400 functions, in the female body.

Bioidentical Pellet Therapy relieves the symptoms of low hormone levels.

WHAT IS BIOIDENTICAL PELLET THERAPY

Pellet therapy is the most convenient form of HRT only requiring patients to receive pellets 2-4 times a year and delivers an individualized dose of hormones a patient needs to achieve a balanced state of hormones 24/7.

Bioidentical Testosterone and Estradiol are pressed or fused into small pellets that look like small cylinders. The pellets are inserted under the skin, in a 15-minute painless procedure, and they begin to release constant levels of hormones. Patients will notice changes within 48-72 hours.

HTCA pellets are made of Bioidentical Testosterone and Estradiol; these hormones have the exact same chemical structure, as the hormones that we are born producing. Synthetic hormones do not have the same chemical structure as hormones produced naturally. Synthetic hormones do not give the proper signals to the body. Side effects are greater with the use of "fake" hormones and can even be life threatening.



HTCA PELLET THERAPY VS TYPICAL HORMONE REPLACEMENT THERAPY METHODS



IJECTABLES

52 to 156
Per year

1-3 week depending on
patient requirements

Average Annual Cost:
\$288-\$1,440 - Insured
\$480-\$4,800 - Uninsured



PELLETS

Only 2 to 4
Procedures Per Year

See your provider for new
pellets as needed

Average Annual Cost:
\$1,050-\$1,400 - Women
\$1,400-\$2,100 - Men



**CREAMS, GELS, AND
PATCHES**

730+
Per Year

1-2 times daily with only
12-24 hour effectiveness
once applied

Average Annual Cost:
\$60-\$360 - Insured
\$120-\$1,020 - Uninsured

HTCA PELLET THERAPY vs TYPICAL HORMONE REPLACEMENT THERAPY METHODS

HTCA PELLET THERAPY:

Deliver the right type of hormone (natural & bioidentical), in the right amount (individualized dosing), using the right delivery system (pellets)

Effectively treat symptoms in both men and women

Consistently release small, physiologic doses of hormones 24/7, providing optimal therapy with minimal or no adverse effects

TYPICAL HORMONE REPLACEMENT THERAPY METHODS:

Result in hormone levels that fluctuate widely (Roller Coaster Effect)

Result in hormone levels that are often too low or in the case of injections too high

Transdermal Therapy may not be absorbed completely into the blood stream; creams and lotions may transfer to loved ones or pets

Oral hormone therapy increases the risks of thrombosis and breast cancer

Partial relief of symptoms at best

WHAT TO EXPECT AFTER YOUR HTCA PELLETS

Most female patients begin to “feel better” within 48 to 72 hours due to the Estradiol, though it may take a week or two for some women to notice a difference from the Testosterone.

Men can expect to experience the benefits of their pellet implants within 1 to 2 weeks. To achieve optimal health, living a healthy lifestyle - balanced diet and regular exercise - goes hand-in-hand with hormone balance.



FAQ'S

HTCA PELLET THERAPY

HOW AND WHERE DO YOU INSERT THE PELLETS?

The insertion of pellets is a simple, relatively painless procedure done under local anesthesia. The pellets are usually inserted in the hip through a small incision which is taped closed. Experience of health care professional counts; not only in placing the pellets but in determining the correct dosage to be used.

HOW SOON WILL THE PATIENT FEEL THE EFFECTS OF BIOIDENTICAL HORMONE REPLACEMENT THERAPY VIA PELLETS?

Most female patients begin to "feel better" within 48 to 72 hours, though it may take a week or two for some women to notice a difference. Men can expect to experience the benefits of their pellet implants within 1 to 2 weeks. To achieve optimal health, living a healthy lifestyle - balanced diet and regular exercise - goes hand-in-hand with hormone balance.

WHAT CAN I EXPECT AFTER THE PELLET INSERTION?

After pellets are inserted, patients may notice that they have more energy, sleep better and feel happier. Muscle mass and bone density will increase while fatty tissue decreases. Patient may notice increased strength, coordination and physical performance. They may see an improvement in skin tone and hair texture. Concentration and memory may improve as well over all physical and sexual health.

WILL INSURANCE COVER BIOIDENTICAL HORMONE REPLACEMENT THERAPY WITH PELLET IMPLANTS?

Few insurance companies reimburse HTCA's patients for bioidentical hormone replacement therapy via pellet therapy. HTCA can provide the paper work necessary for patients to file for reimbursement.

CAN BIOIDENTICAL HORMONE REPLACEMENT THERAPY HELP PATIENTS LOSE WEIGHT?

Bioidentical hormone replacement therapy is NOT a magic bullet for losing weight, however when hormones are optimized, weight loss efforts typically begin to pay off. Patients still need to eat a balanced diet and exercise, and increased energy levels will help in that area!

FAQ'S

HTCA PELLET THERAPY

WHY DO WOMEN NEED TESTOSTERONE?

Testosterone has over 3,000 functions in the female body where as Estradiol only has 400. Testosterone plays a major role in the prevention of cardiovascular disease, Alzheimer's disease, breast cancer, colon cancer, and osteoporosis. Patients with low Testosterone are more likely to suffer from depression, anxiety, mood swings/irritability, lack of motivation, and decreased sense of well being. Memory, mathematical ability, and cognition are decreased in patients with low Testosterone, resulting in "brain fog". Testosterone also increases libido, sexual function, and energy.

CAN BIOIDENTICAL HORMONE REPLACEMENT THERAPY HELP PATIENTS GET THEIR SEX LIFE BACK ON TRACK?

Hormone imbalance and "Low T" are by far the most common causes of sexual dysfunction in men and women. By balancing hormone levels with pellet therapy, most HTCA patients have experienced a return of or significant improvement to the sexual libido and function. HTCA practitioners treat men, women and relationships!

WHAT HEALTH CONDITIONS WOULD RULE OUT A PATIENT FROM GETTING BIOIDENTICAL HORMONE REPLACEMENT THERAPY VIA PELLETS?

There are currently no known health conditions that exclude a person from undergoing bioidentical hormone replacement therapy with pellet implants. The majority of people with hormone imbalance are great candidates for the therapy. However, HTCA practitioners take an individualized approach based on the patient's medical history. They do modify their approach to bioidentical hormone replacement therapy for patients who are estrogen-positive breast cancer survivors and prostate cancer survivors.

WHAT ARE THE MOST COMMON SIDE EFFECTS WHEN THE PELLETS ARE FIRST INSERTED?

When a patient first starts hormone replacement therapy, there may be mild, temporary breast tenderness, bloating, and water weight gain. These symptoms will generally resolve on their own. However there are supplements to relieve symptoms such as (DIM). The body will tone up, as bone density and muscle mass increase and fatty tissue decrease. Patients may experience a mild form of "puberty" as their hormonal levels come up to normal ranges.

FAQ'S

HTCA PELLET THERAPY

DO PATIENTS NEED PROGESTERONE WHEN USING PELLETS?

Any time estradiol is prescribed, progesterone is also prescribed. When estradiol is prescribed without progesterone, the risk of uterine cancer may increase. Taking oral progesterone on a daily basis will greatly decrease the risks of uterine cancer. Progesterone has been prescribed in many forms however the oral route of progesterone is the only effective method of delivery. It is very important to notify your physician of any abnormal bleeding.

DO MEN NEED HORMONE REPLACEMENT?

Testosterone levels begin to decline in men beginning in their 30s. Most men maintain adequate levels of testosterone into the mid-40s to mid-50s, some into their late 70s and early 80s. Men should be tested when they begin to show signs of testosterone deficiency. Even men in their 30s can be testosterone deficient and show signs of bone loss. Most men need to be tested around 35+ years of age. It is never too late to benefit from hormone replacement therapy.

DO PELLETS HAVE THE SAME DANGER OF BREAST CANCER AS THE OTHER FORMS OF HORMONE REPLACEMENT?

Pellets do not carry the same risk of breast cancer as oral estrogen, synthetic estrogen (Premarin/Ethinyl Estradiol), and synthetic progestin (Provera). Testosterone pellet therapy has been shown to decrease the risks of breast cancer.

HOW LONG DO THE PELLETS LAST?

The pellets usually last between 3.5 to 5 months in women and 5 to 6 months in men. High levels of stress, physical activity, some medications and lack of sleep may increase the rate at which the pellets absorb and may require that pellets to be inserted sooner in some patients.

DO THE PELLETS NEED TO BE REMOVED?

The pellets do not need to be removed. They completely dissolve on their own.

FAQ'S

HTCA PELLET THERAPY

ARE THERE RISKS OR SIDE EFFECTS FROM BIOIDENTICAL HORMONE REPLACEMENT THERAPY WITH PELLET IMPLANTS?

Complications from the insertion of pellets may include: minor bleeding or bruising; discoloration of the skin; infection; and possible extrusion of the pellet. Other than slight bruising and skin discoloration, these complications are rare. In men, testosterone therapy may raise the blood count and increase the risk of thrombosis. Testosterone may also convert into excessive estradiol in men; this conversion may increase the risk of prostate cancer. Therefore, blood counts and estradiol in men are closely monitored.

The most common side effects are increased hair growth and possible skin breakouts with the first round of therapy, because the body is getting used to the increased oil production in the skin. HTCA practitioners may recommend patients change their skin care regimen from heavy anti-aging products to lighter, oil-free skin care lines. Side effects may be avoided with decreasing dose on subsequent rounds of therapy.

HOW DO I GET STARTED ONCE YOUR INITIAL CONSULTATION IS COMPLETE?

Once your initial consultation is completed, the provider will review your symptoms and blood labs to determine if you are candidate for pellet therapy. The initial insertion appointment can be scheduled at that time.

HOW LONG CAN PATIENTS EXPECT TO BE ON BIOIDENTICAL HORMONE REPLACEMENT THERAPY?

HTCA practitioners treat patients of all ages - as young as the 20s and into the 90s - so there is no firm answer. Instead, it's a matter of personal preference. The patient needs to decide how long he or she wants to look and feel their best and experience a higher quality of life. That's how long the patient should be on bioidentical hormone replacement therapy.