



Bio-Identical Testosterone Replacement Therapy for Women Pre & Post Menopausal

The body's natural function beautifully orchestrates a delicate balance and release of hormones throughout our body. Hormones are the chemical messengers which keep our bodies in rhythm. Hormones contribute to our well-being, our mental clarity and focus, our sexual desire and many other functions needed for a happy and healthy life. As we age, this delicate balance of hormones within the body is no longer in "sync".

In the reproductive years, women make estrogen, progesterone and testosterone. Men make more testosterone so it is erroneously called "the male hormone", but, women make a significant amount of testosterone as well. Testosterone plays a part in bone density, muscle mass, sex drive, sexual pleasure, energy level, clarity, sleep patterns, anxiety and depression.

Women's testosterone levels start to drop in the 40's and progressively drops with age. Replacing the hormone to normal reproductive age levels may help with fatigue, pre-menstrual syndrome symptoms, low libido, weight distribution, pre-menstrual headaches, anxiety and other symptoms of hormone related conditions. Bio-Identical Testosterone can be used to help restore testosterone levels in both men and women. Testosterone replacement is not approved by the FDA for women, but is commonly replaced in women in compounded bio-identical forms. The most common replacement methods for women are creams or pellets. Often, satisfactory levels are not obtained by creams due to variable and inadequate absorption in this form. Pellet therapy is an excellent choice due to its ability to achieve adequate, consistent levels.

Hormone Pellets effectively treat symptoms in both men and women. Pellet therapy is a precision method of delivery the of the hormones your body needs to achieve a balanced state. They are inserted under the skin where they release a steady stream of hormones 24/7. Once inserted, pellets consistently release small, physiologic doses of hormones providing therapy without adverse effects. Pellets or implants are made up of **bio-identical hormones** (i.e., testosterone, estrogen or both) that are the exact formula your body manufactures and are derived from plants that are pressed or fused into small solid cylinders. These pellets are larger than a grain of rice and smaller than a "TicTac". In the United States, the majority of pellets are made by compounding pharmacists and delivered in sterile vials. Bio-Identical Hormone Pellets should not be confused with "synthetic" hormones which are typically found in many creams, gels and injectables used for hormone replacement.

Why Pellets?

Pellets deliver consistent healthy levels of hormones for 3-4 months in women. They avoid the fluctuations of hormone levels (roller coaster effect) seen with other methods of delivery. This is important for optimal health and disease prevention. Pellets **Do Not** increase the risk of blood clots like conventional or synthetic hormone replacement therapy. When compared to conventional hormone replacement therapy, pellets have been shown to be superior for relief of pre and post-menopausal symptoms, maintenance of bone density, restoration of sleep patterns, improvement in sex drive, libido, sexual response and performance. Patients who have failed other types of hormone therapy have a very high success rate with pellets. There is no other method of delivery that is as convenient for the patient as the implants. Implants have been used since the late 1930s. There is significant data that supports the use of testosterone implants in both men and women. If a pre-menopausal female has a testosterone pellet insert, birth control is a must. There is a theoretical risk of "masculinizing" a female fetus (giving male traits to a female fetus).

Can A Patient Be Allergic To The Pellets?

Very rarely, a patient will develop a local zone of redness (3-8cm) with itching at the insertion site. There is minimal tenderness and minimal risk of infection. Pellets are made of hormones, stearic acid and cholesterol. If needed, 25-50 mg of Benadryl works well for the itching.

How Long Until A Patient Feels Better After Pellets Are Inserted?

The pellets usually last between 3-4 months. The pellets do not need to be removed. They completely dissolve on their own. And, remember, **not all pellets are created equal.**

Do Patients Need Progesterone When They Use Pellets?

Women who are treated with testosterone implants alone (no estrogen therapy) do not require progesterone therapy.

However, **if estradiol or other estrogen therapy is prescribed to women with a uterus, progesterone is required.**

The main indication for progesterone is to prevent the proliferation (stimulation) of the uterine lining caused by estrogen. Progesterone therapy is **NOT** required if estrogen therapy is not prescribed. However, there may be other health benefits from progesterone. It may be used in addition to testosterone to help women who have difficulty with sleep, hot flashes, tension or anxiety. Testosterone and progesterone have beneficial effects on the brain and nervous system.

How Are Hormones Monitored During Therapy?

Hormone levels may be drawn and evaluated before therapy is started. Bloodwork may include an FSH, Estradiol, Testosterone, Liver Profile and a Complete Blood Count, Thyroid hormone levels and Vitamin D.

Women are advised to continue their monthly self-breast exam and obtain a mammogram and/or pap smear as advised by their gynecologist or primary care physician.

How Much Do Pellets Cost?

The cost for the insertion of pellets is \$365. Pellets need to be inserted 3-4 times a year depending on how rapidly a patient metabolizes hormones. When compared to the cost of drugs to treat the individual symptoms of hormone decline, pellets are very cost effective.

Will Insurance Cover The Procedure?

Insurance companies **DO NOT** cover the cost of pellets. Payment is required prior to ordering the pellets. We accept most major credit cards. Credit and debit cards will have a 3.5% processing fee. There is no additional charge to use cash, check, or health savings card.

Prevention is much more cost effective than disease.

For more information, please contact our office:

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