

## Bioidentical Hormone Replacement Therapy – BHRT Therapy

BHRT Therapy or Pellet Therapy is a well-documented method of delivering bioidentical hormones. The therapy uses very small pellets that are about the size of a grain of rice. The pellets are inserted painlessly under your skin with a device and a local anesthetic.

### How does it work?

Pellet Therapy works by releasing hormones into your blood stream. A new pellet will need to be re-inserted about every four months. The hormones used in the pellets are bioidentical to those produced in your body. They usually contain estradiol, the most important of the three female human estrogens, and testosterone. Some women may be surprised to hear that they might need testosterone replacement as well as estrogen replacement. Peri-menopausal and post menopausal women usually need some of both.

### Pellet therapy may help with the following conditions:

- Hot flashes
- Night sweats
- Insomnia
- Irritability
- Itching
- Fatigue
- Bloating
- Mental foggiess/forgetfulness
- Decreased sex drive

### What are the pellets made of?

BHRT pellets are derived from soybean and Mexican yam plant sterols. The pellets are completely biodegradable under the skin. They leave no residue whatsoever.

### How do I get started?

First, we'll give you a lab order to test your hormone levels before and after your first insertion. You can get blood drawn at the lab of your choice. Every 3-4

months afterward you'll get a blood test to check your hormone levels before the pellets are re-inserted. The lab will bill you separately for this service based on your insurance coverage.

### How are the pellets inserted?

The pellets are painlessly inserted under the skin of the hip using a local anesthetic. The provider will make a tiny incision using a small insertion device. After the pellets are inserted, a small piece of tape is used to close the incision.

### Are there any side effects and/or complications?

Bioidentical Hormone Replacement Therapy pellets have very few side effects. If they occur, they are usually resolved quickly. You could experience some breast discomfort and bloating. As with other hormone therapies, some women (those who still have their uterus) get a return of menstrual type bleeding. Usually the bleeding is easily managed by adjusting the doses of the pellets. You may experience bruising or discomfort at the insertion site, but this should resolve itself within a few days.

### What do the Pellets cost?

BHRT Pellet therapy costs \$250 per insertion. Pellets will need to be re-inserted about every four months. Pellet therapy is cash only and must be paid prior to insertion. We will not bill your insurance company as most insurance companies do not cover this therapy. You will receive a separate bill from the lab each time you have your blood drawn.

**Scheduling - 602.978.1500**



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