

HORMONE PELLETT THERAPY

WHAT IS HORMONE PELLETT THERAPY?

Hormone Pellet Therapy is a state-of-the-art medical protocol, utilizing tiny hormone pellets that provide an on-demand delivery system to replenish the missing amounts estrogen and testosterone. They are designed to supplement or add to your own hormones—not replace them. The pellets contain low-dose, plant-based hormones derived from a naturally occurring compound found in soy and wild yam called diosgenin which is biologically equivalent to human hormones. They are hand-formulated under sterile conditions in a licensed compounding pharmacy, using the purest ingredients and manufactured to the highest standards. The pellets are slightly larger than a cooked piece of rice and are painlessly placed beneath the skin.



Hormone Pellet Therapy allows your body to receive the balanced hormones it needs directly into the bloodstream 24 hours a day, 7 days a week. Benefits include:

- * Increased sex drive & satisfaction
- * Increased mental sharpness, concentration, and memory
- * More stable moods - less irritability and grumpiness
- * Less anxiety and depression
- * Increased muscle mass and strength
- * Increased energy levels
- * Improved Sleep
- * Decreased body fat
- * Increased sense of well-being
- * Increased bone density

HOW LONG HAS PELLETT THERAPY BEEN IN USE?

Hormone therapy using pellets is not new. Hormone pellets were originally developed in France in 1935 to help alleviate the symptoms of menopause. They were first used in the United States from the early 1940's to the early 1970's before synthetic hormones were heavily marketed, and are currently popular in Europe and Australia for both men and women.

WHAT ARE THE POSSIBLE SIDE EFFECTS?

There are very few side effects since the pellets are simply restoring the hormones to physiologic levels. When first starting therapy, there will be a short adjustment period. The most common side effects are generally mild and can include temporary breast or nipple tenderness, and temporary water weight gain.

HOW DO I RECEIVE TREATMENT?

Contact our office to schedule a consultation and find out if you are a candidate for this therapy. At your appointment we will review your medical history (symptoms), order lab work and determine the best course of treatment. After your hormone levels are accurately measured and analyzed with blood testing you will receive a dose of pellets according to your body's individual requirements. The procedure itself is simple and is performed in the comfort of our office. Using a local anesthetic, the pellets are painlessly placed beneath the skin in the hip or buttock area. The entire procedure takes less than 15 minutes. The pellets slowly dissolve over time, and can last several months. To maintain the numerous health benefits, depending on the individual, the procedure needs to be performed 3-4 times per year the first year, and just 2-3 times per year thereafter.

Ask us for more information or make an appointment for a hormone analysis with Dr. Donna Hargrove, certified SottoPelle physician.

