

### BHRT Checklist For Women

Name: \_\_\_\_\_

Date: \_\_\_\_\_

E-Mail: \_\_\_\_\_

| Symptom (please check mark)  | Never | Mild | Moderate | Severe |
|------------------------------|-------|------|----------|--------|
| Depressive mood              |       |      |          |        |
| Fatigue                      |       |      |          |        |
| Memory Loss                  |       |      |          |        |
| Mental confusion             |       |      |          |        |
| Decreased sex drive/libido   |       |      |          |        |
| Sleep problems               |       |      |          |        |
| Mood changes/Irritability    |       |      |          |        |
| Tension                      |       |      |          |        |
| Migraine/severe headaches    |       |      |          |        |
| Difficult to climax sexually |       |      |          |        |
| Bloating                     |       |      |          |        |
| Weight gain                  |       |      |          |        |
| Breast tenderness            |       |      |          |        |
| Vaginal dryness              |       |      |          |        |
| Hot flashes                  |       |      |          |        |
| Night sweats                 |       |      |          |        |
| Dry and Wrinkled Skin        |       |      |          |        |
| Hair is Falling Out          |       |      |          |        |
| Cold all the time            |       |      |          |        |
| Swelling all over the body   |       |      |          |        |
| Joint pain                   |       |      |          |        |

#### Family History

|                     | NO | YES |
|---------------------|----|-----|
| Heart Disease       |    |     |
| Diabetes            |    |     |
| Osteoporosis        |    |     |
| Alzheimer's Disease |    |     |
| Breast Cancer       |    |     |

**Q. What is BioTE®?**

A. BioTE® is a Bio-Identical form of hormone therapy that seeks to return the hormone balance to youthful levels in men and women.

**Q. How do I know if I'm a candidate for pellets?**

A. Symptoms may vary widely from depression and anxiety to night sweats and sleeplessness for example. You will be given a lab slip to have blood work done which will determine your hormone levels. Once the doctor reviews and determines you are a candidate we will schedule an appointment for insertion.

**Q. Do I have blood work done before each Treatment?**

A. No, only initially and 4-8 weeks later to set your dosing. You may have it done again if there are significant changes.

**Q. What are the pellets made from?**

A. They are made from wild yams and soy. Wild yams and soy have the highest concentration of hormones of any substance. There are no known allergens associated with wild yams and soy, because once the hormone is made it is no longer yam or soy.

**Q. How long will the treatment last?**

A. Every 3-6 months depending on the person. Everyone is different so it depends on how you feel and what the doctor determines is right for you. If you are really active, you are under a lot of stress or it is extremely hot your treatment may not last as long. Absorption rate is based on cardiac output.

**Q. Is the therapy FDA approved?**

A. What the pellets are made of is FDA approved and regulated, the process of making pellets is regulated by the State Pharmacy Board, and the distribution is regulated by the DEA and Respective State Pharmacy Boards. The PROCEDURE of placing pellets is NOT an FDA approved procedure. The pellets are derived from wild yams and soy, and are all natural and bio-identical. Meaning they are the exact replication of what the body makes.

**Q. How are they administered?**

A. Your practitioner will implant the pellets in the fat under the skin of the hip. A small incision is made in the hip. The pellets are inserted. No stitch is required.

**Q. Does it matter if I'm on birth control?**

A. No, the doctor can determine what your hormone needs are even if you are on birth control.

**Q. Are there any side effects?**

A. The majority of side effects is temporary and typically only happens on the first dose. All are very treatable. There are no serious side effects.

**Q. What if I'm already on HRT of some sort like creams, patches, pills?**

A. This is an easy transition. The doctor will be able to determine your needs even though you may be currently taking these other forms of HRT.

**Q. What if I've had breast cancer?**

A. Breast cancer survivors and/or those who have a history of breast cancer in their family may still be a candidate; however, this is to be determined by the physician. You should schedule a consultation with the Doctor.

### WHAT MIGHT OCCUR AFTER A PELLETT INSERTION

A significant hormonal transition will occur in the first four weeks after the insertion of your hormone pellets. Therefore, certain changes might develop that can be bothersome.

- **FLUID RETENTION:** Testosterone stimulates the muscle to grow and retain water, which may result in a weight change of two to five pounds. This is only temporary. This happens frequently with the first insertion, and especially during hot, humid weather conditions.
- **SWELLING OF THE HANDS & FEET:** This is common in hot and humid weather. It may be treated by drinking lots of water, reducing your salt intake, taking cider vinegar capsules daily, (found at most health and food stores) or by taking a mild diuretic, which the office can prescribe.
- **UTERINE SPOTTING/BLEEDING:** This may occur in the first few months after an insertion, especially if you have been prescribed progesterone and are not taking properly: i.e. missing doses, or not taking a high enough dose. Please notify the office if this occurs. Bleeding is not necessarily an indication of a significant uterine problem. More than likely, the uterus may be releasing tissue that needs to be eliminated. This tissue may have already been present in your uterus prior to getting pellets and is being released in response to the increase in hormones.
- **MOOD SWINGS/IRRITABILITY:** These may occur if you were quite deficient in hormones. They will disappear when enough hormones are in your system. 5HTP can be helpful for this temporary symptom and can be purchased at many health food stores.
- **FACIAL BREAKOUT:** Some pimples may arise if the body is very deficient in testosterone. This lasts a short period of time and can be handled with a good face cleansing routine, astringents and toner. If these solutions do not help, please call the office for suggestions and possibly prescriptions.
- **HAIR LOSS:** Is rare and usually occurs in patients who convert testosterone to DHT. Dosage adjustment generally reduces or eliminates the problem. Prescription medications may be necessary in rare cases.
- **HAIR GROWTH:** Testosterone may stimulate some growth of hair on your chin, chest, nipples and/or lower abdomen. This tends to be hereditary. You may also have to shave your legs and arms more often. Dosage adjustment generally reduces or eliminates the problem.

I acknowledge that I have received a copy and understand the instructions on this form.

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Print Name

Signature

Today's Date





## Bio-Identical Hormone Therapy Pellet

I, \_\_\_\_\_, have voluntarily chosen to undergo implantation of subcutaneous bio-identical estradiol and/or testosterone pellet therapy. I understand that this procedure will not be filed with my insurance carrier, and I am responsible for the \$325.00 payment, in full, for this service at my visit today.

I am aware that while there may be some insurance companies that allow reimbursement for the insertion of the pellet, I am not being charged for the insertion, itself. My charge today is for the compounded medication (compounded estradiol/testosterone pellets) only, which is not covered by insurance.

I have been given the appropriate information and all of my questions have been answered.

\_\_\_\_\_  
Patient Name

\_\_\_\_\_  
Date Of Birth

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

## Post-Insertion Instructions for Women

- Your insertion site has been covered with two layers of bandages. Remove the outer pressure bandage any time after day 1. You may replace it with a bandage to catch any anesthetic that may ooze out. The inner layer is a steri-strip that should be removed after 4 days.
- Do not take tub baths or get into a hot tub or swimming pool for 4 days. You may shower but do not scrub the site until the incision is well healed (about 7 days).
- No energetic exercising for the next 4 days, this includes running, riding a horse, etc.
- The sodium bicarbonate in the anesthetic may cause the site to swell for 1-3 days. Don't worry.....this is normal.
- The insertion site may be uncomfortable for up to 2 to 3 weeks. If there is itching or redness you may take Claritin for relief, 10 mg. orally every day.
- You may experience bruising, swelling, and/or redness of the insertion site which may last from a few days up to 2 to 3 weeks.
- You may notice some pinkish or bloody discoloration of the outer bandage. This is normal.
- If you experience bleeding from the incision, apply firm pressure for 5 minutes.
- Please call if you have any bleeding, fever, increasing pain or pus from the insertion site that is not relieved by pressure. Oozing is common and normal.
- Remember to go for your post-insertion blood work 5-6 weeks after insertion.
- Most women will need re-insertion of their pellets 4 months after their initial insertion.
- Please call as soon as symptoms that were relieved from the pellets start to return. You will need blood lab tests 1 week before an appointment for a re-insertion. The charge for the second visit will be only for the insertion and not a consultation unless you would like to discuss treatment and additional hormonal health matters.
- Taper the dose of current hormones if instructed to do so.

### **Additional medications which may be recommended:**

#### **Progesterone/Prometrium 200 mg nightly**

Please do not skip doses of this medication as it can result in vaginal bleeding or an increased risk for endometrial cancer.

#### **Thyroid supplement**

This should be taken every morning with water on an empty stomach. Please wait 30 minutes before eating or drinking anything other than water. This includes coffee, food, medications, vitamins or supplements.

#### **Spironolactone**

This is best taken in the mornings though not with a thyroid supplement. This is a mild diuretic. It is acceptable to skip a dose if you will not have access to water or will be outdoors with a risk of dehydration.

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Print Name

Signature

Today's Date