



## **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				
railing history				
Heart Disease			NO	YES
Diabetes				
Osteoporosis				
Alzheimer's Disease				
Breast Cancer				
Dieast Calicel				





## 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.

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#### WHAT MIGHT OCCUR AFTER A PELLET 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.			
Print Name	Signature	Today's Date	



**Print Name** 



# Female Testosterone and/or Estradiol Pellet Insertion Consent Form

Name:	Today's Date:				
Bio-identical hormone pellets are concentrated hormones, biologically identical to the hormones you make in your own body prior to menopause. Estrogen and testosterone were made in your ovaries and adrenal gland prior to menopause. Bio-identical hormones have the same effects on your body as your own estrogen and testosterone did when you were younger, without the monthly fluctuations (ups and downs) of menstrual cycles.					
Bio-identical hormone pellets a replacement. The pellet metho OB/GYNs in the United States. Y androgens, given as pellets.	d of hormone replacer	ment has been us	sed in Europe and	l Canada for many	y years and by select
Patients who are pre-menopau replacement therapy. Testoster			-		
My birth control method is: (pl Abstinence Birth control pill	<mark>lease circle)</mark> Hysterectomy IUD	Menopause	Tubal Ligation	Vasectomy	Other
CONSENT FOR TREATMENT: I conformed that I may experience those related to traditional test procedure and are included in	e any of the complication and a complication to sterone and a complication of the comp	ons to this proce gen replacemen	dure as described	below. These sid	le effects are like
Bleeding, bruising, swelling, infolack of absorption); breast tend growth on the face, similar to p dependent tumors (endometria gestation; growth of liver tumo reversible). The estradiol dosage Testosterone therapy may increblood count (Hemoglobin & Heperiodically.  BENEFITS OF TESTOSTERONE P and strength and stamina. Decrirritability. Decreased weight. Decreased weight. Decreased weight. Decreased weight.	derness and swelling espre-menopausal patter all cancer, breast cancers, if already present; of that I may receive cases one's hemoglobin matocrit) will be done reased frequency and servers as a servers and servers are as a server are a server are as a server are a server are as a server are a server as a server are a serv	specially in the firns; water retentions; water retentions; birth defects in the firn and hematocriticannually. This consequently of migra	rst three weeks (e on (estrogen only in babies exposed which is reversible oids or polyps, if t . This is diagnosed ondition can be re rgy, and sense of ine headaches. De	estrogen pellets of (); increased grow () to testosterone (complete); clitoral enlarged (chey exist, and can (d) with a blood test (eversed simply by (eversed simply by (eversed simply by (eversed simply by )	nly); increase in hair with of estrogen during their ement (which is n cause bleeding. It. Thus, a complete or donating blood esed muscle mass swings, anxiety and
I have read and understand the above. I have been encouraged and have had the opportunity to ask any questions regarding pellet therapy. All of my questions have been answered to my satisfaction. I further acknowledge that there may be risks of testosterone and or estrogen therapy that we do not yet know, at this time, and that the risks and benefits of this treatment have been explained to me and I have been informed that I may experience complications, including one or more of those listed above. I accept these risks and benefits and I consent to the insertion of hormone pellets under my skin. This consent is ongoing for this and all future pellet insertions.  I understand that payment is due in full at the time of service. I have been advised that most insurance companies do not consider compounded hormone pellet therapy to be a covered benefit. I am aware that while there may be some insurance companies that allow for the insertion, itself. My charge today is for the compounded medication which is generally not covered by insurance.					

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Signature

Today's Date





# **Bio-Identical Hormone Therapy Pellet**

bio-identical estradiol and/or testosterone pel	luntarily chosen to undergo implantation of subcutaneous let therapy. I understand that this procedure will not be nsible for the \$325.00 payment, in full, for this service at
insertion of the pellet, I am not being charged	rance companies that allow reimbursement for the for the insertion, itself. My charge today is for the liol/testosterone pellets) only, which is not covered by
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.

Print Name	Signature	Today's Date