



No More Rollercoaster Hormone Ride!

This update to HRT offers a better way

More effective? More convenient? And with less side effects? We can't be talking about HRT? Yep, we are, and it's called Pellet Therapy. You read that right. **While bio-identical hormone replacement therapy (BHRT)** isn't new, using the **pellet method** is one of the newest and most exciting updates to traditional HRT.

As women, we know we don't have to accept **hormonal imbalance** as a fact of life or a part of aging. **Natural hormone replacement therapy** has helped improve not only the quality of our lives, but also how long we live them. And now BHRT has gotten even better. Pellet therapy – so named because small pellets containing BHRT (that are smaller than a grain of rice) are injected under the skin — is still BHRT, but via a different *delivery* method.

As a physician who has been treating women for over 20 years, I am always reading and researching new treatments that will make women's lives better. I am also continually training in new methods that will offer women under my care the best options for their lives. And that's also why we have begun offering Pellet Therapy at Visionary Centre for Women.

So what's the advantage of having your BHRT under your skin? Well, ever wonder why when you're taking your HRT every day you still don't always feel like it's working? Or maybe—well, let's admit it—you occasionally forget a dose. The beauty of BHRT pellet therapy is that brings you up to optimal hormone levels by delivering a consistent amount of hormones 24 hours a day, for 4 to 6 months. No pills to swallow, no creams to rub in.

And **pellet therapy has also been shown to have less side effects** when compared to other hormone delivery methods. Again, it's still BHRT, but delivered in a more precise and often better tolerated method. For example, for some women, their skin does not absorb BHRT creams very well. For others, taking an oral medication can be affected by things like acid reflux. And some women just don't tolerate taking pills.

You may be surprised to know that pellets have been used in women (and men) since the late 1930s. In fact, there is more data to support the use of pellets than any other method of delivery of hormones. Pellets were frequently used in the United States

from about 1940 through the late 70s, early 80s when patented estrogens were marketed to the public. But oral medications became the norm and pellet therapy was left behind – only to be rediscovered today.

At Visionary Centre, I have been trained in this exciting new approach to HRT and have begun offering Pellet Therapy in my practice. I am excited to be a Certified BioTE[®] Practitioner and, along with Sharon B. Welsh, MSN, ARNP (also Certified with BioTE[®]), we can now offer women this new delivery system for BHRT. I prefer calling it hormone restoration because it is our goal to restore you to feeling your best.

The insertion of the pellets is a simple, relatively painless procedure. The pellets are usually inserted in the hip through a tiny incision which is taped closed. The experience of the health care professional counts—not only in placing the pellets, but in determining the correct dosage of hormones to be used. As we do with all our patients Visionary Centre, we take the time to get to know YOU – not just your hormone levels. We take into account the entire individual – your health status, weight, age, activity level and more — to create a customized, personalized plan created – uniquely for you.

I have to emphasize that the quality of life given back to women with BHRT Pellet Therapy is second to none. Pellet therapy can help with: Menopause, Mood swings, Low sex drive, Low libido, Bone health / Osteoporosis, Sleep health, Incontinence, Anxiety and Depression. Managing hormones requires a skilled practitioner and this new approach of Pellet Therapy gives us yet another way to assist you in maintaining a vibrant and healthy life.

Roller coasters are for fun and thrills, but shouldn't have anything to do with your health— do I need to say more except...what are you waiting for?

Fast facts about Pellet Therapy

- Smaller than a grain of rice
- Released 24 hours a day
- Consistent hormone levels throughout the day that raise and lower themselves naturally.
- Few side effects
- Lasts anywhere from 4-6 months
- Costs comparable to compounded BHRT