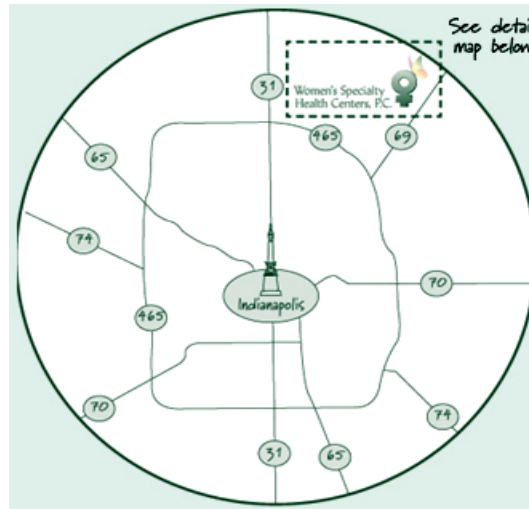


What can I expect from pellet hormone therapy?

- ✓ More energy giving you more strength throughout the day
- ✓ Better sleep; Reduced night sweats and insomnia
- ✓ Reduced/eliminated hot flashes
- ✓ Relief from depression and anxiety
- ✓ Reduced mood swings and irritability
- ✓ Improvement in memory and increase in mental clarity and focus
- ✓ Prevent vaginal thinning and dryness
- ✓ Increase in libido
- ✓ Increased muscle mass and bone density; Decreased risk for developing osteoporosis
- ✓ Improved physical and mental health
- ✓ Eliminating the need to remember to take pills or change patches everyday
- ✓ Enhanced overall quality of life and sense of well being

◆◆◆FREE consultations◆◆◆
with a nurse are offered to discuss all options available for bio-identical hormone replacement therapy.
Call today to schedule!

(317) 774-1200



Women's Specialty Health Centers, P.C.
David S. McLaughlin, MD, FACOG, FACS
Kristine Marsella, RN, BSN, MSN, WHNP

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David S McLaughlin, MD, FACOG, FACS
Kristi Marsella, RN, BSN, MSN, WHNP

Offering Optimal
Bio-Identical
Hormone Replacement Therapy

with

Estradiol &
Testosterone
PELLETS



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What are Pellets?

Each individual pellet is custom made at a compounding pharmacy & remains sealed in a sterile glass vial until ready for use. Pellets are compounded using plant-derived natural estrogen or testosterone, identical to the hormones naturally produced by your body. When triple pressed with a binding agent (stearic acid), the resulting pellet is not much bigger than a grain of rice.

Why use Pellets?

Pellet therapy is the optimal method of delivery for HRT because pellets work naturally with your body. They deliver consistent, healthy levels of hormones over a period of several months, thus avoiding the fluctuations or ups and downs seen with most other forms of therapy. Many women have trouble absorbing hormones in the form of pills, patches, creams/gels, or injections. Many times, these methods of hormone therapy require higher doses of medication to be administered in order to obtain the same effectiveness as pellets.

Will I need to have testing done?

Yes. Prior to starting the pellets, Estradiol (E2), follicle-stimulating hormone (FSH), and total Testosterone levels are checked. These results provide information on how your current (if any) form of hormone therapy is working. These results are also used for comparison with future results after you begin pellet therapy.

How and where do you insert the pellets?

Pellet insertion is a simple office procedure, done under local anesthetic, and only takes a few minutes to complete. They are inserted into the lower abdomen through a small incision. Some patients may feel a little pressure when the instruments are inserted, some may experience slight discomfort or minor bruising afterwards; however, the procedure should not be uncomfortable. You may resume your regular activities when you leave the office.



When will I feel a difference?

Some women feel a difference within 24-48 hours of their insertion procedure, while others will take up to 2 weeks before feeling the effects. Because everyone's metabolism varies, there is no way to guarantee a specific time frame for feeling a difference.

How often do pellets need to be inserted?

Reinsertion varies anywhere from 2 to 4 times per year and will depend on your hormone level laboratory test results. The pellets systemically absorb into your body within 3 to 6 months.

Will my levels be monitored after receiving therapy?

Yes. Six weeks after your pellet insertion, E2, FSH, and total Testosterone levels are re-checked. The results of these tests will help determine if you are on the correct dose, if your dose needs to be adjusted with the next insertion, and how often you will need to have pellets reinserted.

How much do pellets cost?

The cost of the pellet insertion procedure is \$150.00, and \$30.00 for each pellet. Typically with a first time insertion you may receive anywhere from 2 to 4 Estradiol pellets and/or 1 Testosterone pellet. Payment in full is expected at the time of your pellet appointment.

Will insurance cover pellets?

Although coverage varies by insurance company and individual policies, pellets lack FDA approval due to the method of delivery; therefore many insurance companies refuse to pay for pellets.