Why Risk Your Health?

*Experience the BioTE® Pellet Difference: Changing the Way We Age.*

**Millions Turn Away From Synthetic Hormones**
When significant health safety concerns arose in 2002 for women using synthetic hormone replacement therapies (HRT), millions stopped taking it—up to 70 percent according to one survey\(^1\). Patients and physicians alike began to search for alternatives.

**Bio-Identical Hormones: The Right Choice for Your Body**
Countless women (and men) have now made the switch to bio-identical hormones, long preferred for hormone therapy in Japan, France and other European countries. It is finally receiving considerable attention in the U.S. and being more widely prescribed.

**Hormone Balance is not One-Size-Fits-All!**
After the shocking results of the Women’s Health Initiative study, a large number of physicians turned to bio-identical hormones although many of them lacked the background, training or expertise in the field. While these doctors are good at prescribing the right kind of hormone (bio-identical), they often fail to actually balance a patient’s hormones—something that is vital to good health and well-being.

**Other Bio-identical Methods Just Don’t Cut It**
Other bio-identical delivery methods—i.e. creams, pills, injections and even micronized capsules—cannot provide a steady stream of hormone in your bloodstream twenty-four hours a day, seven days a week. That means you are still subject to a roller coaster ride of hormone levels. And even though patches do provide a constant stream of hormone, they have to be changed often. And then there’s that sticky adhesive issue to deal with...

**The BioTE® Therapy Difference**
Balancing hormones properly is a challenging endeavor. Trust BioTE® trained practitioners as so many people already have!

• BioTE® physicians are well-trained by experts who have years of hormone replacement therapy experience. Thousands of patients have been treated and are enjoying life again!

• BioTE® dosing is exact. Through precise testing and proper consultation, the most accurate and dose is prescribed for each patient’s unique body chemistry. Individual dosing for individual patients!

• BioTE® pellet therapy delivers consistent levels of hormone replacement for months at a time, 24 hours a day, 7 days a week! BioTE® is fuel for life!

\(^1\)http://www.lef.org/protocols/female_reproductive/female_hormone_restoration_02.htm (Schonberg et al 2005)
One Life Reclaimed! The Carol & Anne Story

Carol and Anne were 35 year old twins who were suffering from the same symptoms of depression, anxiety, irritability, mood swings, fatigue, weight gain, low libido and sleeping difficulties.

Carol visited her primary care practitioner to address her concerns. Anne, feeling her symptoms were more hormone related, sought the advice of a hormone balance expert.

After a quick consultation, Carol’s practitioner prescribed an anti-depressant to address her primary concerns, even though this class of drugs has been shown to decrease sex drive and causes weight gain.

At 40 years old, Carol returns to her practitioner. She’s now overweight, still has no sex drive and no energy. Concerned about her weight, she asks for help and is prescribed a diet pill. She’s concerned about her increasing anxiety as well, so she prescribes anti-anxiety medicine and a sleeping pill for the sleep disturbances.

At 45, Carol returns to her practitioner, still depressed and overweight, and he notices that her cholesterol is up. Rather than counsel about lifestyle changes and taking a look at her poly-pharmacy, he puts her on a cholesterol lowering drug called a statin, which has been shown to cause liver issues and muscle tissue breakdown. The fatigue and muscle pain discourage her from any exercise routine, adding more pounds, which increases her depression!

Carol’s exam at 50 years old fares no better; she complains of no menstrual cycle, hot flashes and night sweats. She’s put on an oral synthetic hormone pill, which has been shown in studies to increase risk of blood clots, heart attacks, strokes and breast cancer. Her hot flashes are likely gone now, but she still has no sex drive or energy and is still overweight.

Carol still feels horrible!

At 55, Carol tells her practitioner she has quit taking oral hormones because she didn’t like them. She is miserable, and on top of all her other symptoms she thinks she is getting early Alzheimer’s because she can’t remember a thing! Her practitioner discovers she now has bone loss, according her bone density scan, and Carol is placed on a drug for bone building, which causes her severe nausea and chest pain. Her blood pressure is now high, AND she has developed Type II Diabetes and placed on two additional medications!

By the time Carol turned 60, because no one understood how important hormone balance was to improve her mood, mental clarity, anxiety, bone building, heart health, diabetes prevention, weight control, breast cancer protection and Alzheimer’s disease prevention; she is on a lifelong host of medications that are merely acting as a band-aid to symptoms, rather than getting to the root cause of the problems.

At age 60, Carol is still tired, miserable, overweight, depressed, irritable, can’t think, and has no sex drive!

After an in depth consultation, the hormone expert Anne saw had it narrowed down for her. She was suffering from pre-menopausal symptoms of testosterone deficiency. Anne was very surprised to learn that women not only made testosterone in their ovaries, but it was a vital hormone for their overall physical and mental health and wellbeing.

After she had her blood tested for hormone imbalances, something her sister never got, it was revealed her testosterone WAS indeed low! Based on all of the research Anne had done surrounding hormone balance, hormone replacement therapy with bio-identical hormone pellets, and improvement in overall health, she opted to move forward with the therapy.

Anne returns to her hormone practitioner two months later for follow up and cannot believe how amazing she feels! The depression, anxiety, mood swings and sleep issues are ALL gone as well as the fatigue; and...... WOW! What a libido! Her husband prays she never stops this therapy! His wife is back! She is back in her work out routine, and looking more like her old self!

At age 45, Anne no longer resembles her twin sister Carol. She is fit, lean, exercising, is on no extra medications and her annual check-up is so amazing her current practitioner (who also treats her twin sister) wants to know what she has been doing to stay in such great shape! She shares with him she is on a natural hormone balance therapy with bio-identical hormone pellet implants; although he scoffs under his breath, he does seem intrigued by the differences between Anne and her twin sister.

At 55, Anne’s hot flashes and menstrual changes have begun. Not a problem for Anne! Her hormone balance practitioner has simply added a bio-identical estrogen pellet to her testosterone therapy, along with some natural progesterone to balance her estrogen. Anne sails through the peri-menopause and menopause years with minimal, if any, setbacks. She has certainly avoided the host of prescription medications her sister is on! Moreover, her baseline bone density scan is normal, her cholesterol levels are perfect and her body mass index (BMI) and blood work is all within range; she shows no indication of diabetes, and her blood pressure is normal. Her primary care practitioner is still skeptical, however he is beginning to see with his own eyes how beneficial this therapy has been.

At age 60 Anne feels great, looks great, has energy, mental clarity, sharp focus, AND an amazing sex drive!
ANDROPAUSE? WHAT'S THAT?

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We’ve all heard of menopause; that dreaded time of life for women when we feel like something or someone else has taken over our bodies, sometimes beginning as early as our 30’s….mood swings, fatigue, mental fog, depression, weight gain, night sweats, low libido, and then eventually, a decade or so later, hot flashes begin and the misery steps up a notch!

What about the guys in all of this mess? Why don’t they have to suffer like we do? Don’t they age too? Well, the answer is ABSOLUTELY! Males begin their hormone decline on average at age 35, losing 2% of testosterone production per year. Why is that important? Isn’t testosterone just for sexual health? Not necessarily, let me explain: Testosterone, produced primarily by the female ovary and the male testicles, and to a lesser degree by the adrenal glands (yes ladies females make and NEED testosterone!), has many functions in our bodies beyond sexual health. Primarily, it is a BRAIN hormone, and as we age and production declines, we feel those brain symptoms!

Do any of these sound familiar: mental fog, decreased mental clarity and difficulty focusing, memory loss (where did I park my car? where did I put my keys? why did I come in this room?) mood swings, irritability, depression, anxiety and extreme fatigue (especially in the afternoon around 3-4 o’clock) sleep disturbances, just to name a few! Men do not typically lose their sex drive, so don’t use that as a marker for hormone balance! Women AND men experience varying degrees of these symptoms, and it can significantly decrease our overall sense of wellbeing and wreak havoc on relationships of all kinds!

Often, when we seek help from our primary practitioners, we are band-aided with antidepressants, sleeping and anti-anxiety pills and a host of other medications. These drugs have additional side effects such as weight gain, zombie like state, dependency for sleep, decreased sex drive and so forth, not a good remedy! Furthermore, they do not address the root problem that is causing the symptoms!

Several studies show NATURAL testosterone to be protective and preventative of many disease states! To name a few: men with low testosterone are 3 times more likely to get Alzheimer’s dementia, women suffer similar risks; in a recent study, men over 55 with higher levels of testosterone showed significant reduction in coronary artery disease risk and heart attacks; testosterone builds bone by 8.3% per year, preventing and reversing osteopenia and osteoporosis.

What about that 40 year old paunch in the middle? Low testosterone increases cortisol and insulin levels, both of which increase belly fat and increase your risk of type 2 diabetes! Further, good news for women, countless studies show testosterone to protect the breasts from breast cancer. Breast cancer tissue can have both estrogen and insulin receptors, natural testosterone has been shown to down-regulate estrogen receptors in the breasts and decrease insulin levels. The more we study this vital hormone, the more we learn it protects the brain, breasts, bones, heart and decreases the risk of a host of age related disease states!

So how do I know if my hormones are out of whack, you ask? First of all, seek an expert in hormone balance. If you feel off, pay attention to how you feel and think twice about filling the prescriptions given to quell symptoms if they tell you “your hormones are normal”. What is “normal” for the average population in your age group may not be “normal”, or optimal, for you. For instance, we know an optimal testosterone level in males is around 800-1100 (ten times higher than women), a “normal” lab reference range can be anywhere from 200-1100 for men, depending on the reporting lab! Men are typically symptomatic under 400 and women under 40, but that’s in the “normal range”!

You also want to consider a natural hormone balance method that keeps your levels in the optimal range 24/7. That is where we see the long term health benefits stated above; methods that put your hormones on a roller coaster by taking something every day, or a shot every week, although sometimes better than nothing, don’t give us the benefit of balanced hormones 24 hours a day. Additionally, complete thyroid panels and vitamin D3 levels should be checked as there is a synergy between them all and again, “normal” reference ranges may not be optimal for you.

The message here is, pay attention to how you feel, educate yourself, do your research, and most importantly, find a practitioner who will sit down with you, listen and help you understand what is happening during this time in your life and how to best address it without adding a multitude of unnecessary medications and side effects.

Terri Suresh is a Board Certified, Adult Acute Care Nurse Practitioner and a Principal at Hormonal Health & Wellness Center of Southlake. Terri’s passion is educating people about the aging process and the belief at Hormonal Health and Wellness is that people can experience relief from the symptoms and stressors of aging through hormonal balance, internal and external nutrient supplementation, and therapeutic massage. www.hormonalhealthandwellness.com
Frequently Asked Questions

How often will I need pellets?
For women: usually every 3-6 months. For men: usually every 5-6 months.

Why are pellets better than patches, shots or pills?
They are pure hormone that is not metabolized into byproducts by going through the liver, stomach or skin. This delivery system allows your body to use the right amount of hormone from the pellet as the blood flow surrounding the pellets picks up what is needed.

Where do the pellets go?
Because they are pure hormone without fillers or synthetic ingredients, they completely dissolve.

How long will it take for my body to get back to lean normal?
That depends on how much you exercise and work out with weights, as well as your age. Testosterone decreases fat and increases muscle and lean body mass. Testosterone also increases your natural growth hormone and therefore will improve your stamina to work out and increase muscle mass.

Are there any side effects and/or complications?
There are fewer side effects than traditional hormone therapy.

How long will it take for the pellets to get into my system and work?
24-72 hours. Optimal effect occurs three weeks after insertion.

I have no libido - what will this do for that, if anything?
Good hormone balance will greatly improve your libido; the addition of testosterone in pellet form will change everything for the better!

Specifically for Women:
I get horrible headaches - will they help me?
Yes! We have had great success, especially with women who have menstrual migraines, and new migraines that appear after age 35.

Do I need to take other medication?
If you still have a uterus, you will need to be on natural progesterone as well.

Why do I need estrogen?
Estrogen is the most important hormone for a woman. It protects her against heart attack, stroke, osteoporosis, and Alzheimer’s. It also keeps us looking young and healthy.

Why do I need testosterone?
Testosterone is the third female hormone and is as essential as estrogen and progesterone. We need this hormone to keep our thought process quick and our libido healthy. It improves bone density, muscle mass, strength and prevents some types of depression. It is also the source of energy and solid sleep!

Will I grow unwanted hair from testosterone?
There is less chance of excess hair growth with natural testosterone than with synthetic hormones. Facial hair will grow with testosterone pellets but normally not worse than when you were in your thirties.

Specifically for Men:
Does testosterone cause prostate cancer?
No. Metabolites of testosterone, Dihydrotestosterone and estrone cause prostate enlargement and contribute to prostate cancer. Estrone increases and testosterone decreases as men age and as men gain belly fat. Testosterone pellets are the only replacement that reverses that trend.

How do I take testosterone pellets and not convert them to Dihydrotestosterone and estrone?
Your blood levels of estrone and DHT are checked after treatment to see if they are elevated. Some men still convert to these metabolites even on testosterone pellets. If they are converting, we troubleshoot with natural supplements such as DIM and Saw Palmetto, or an aromatase inhibitor prescription.

What if I have prostate enlargement already?
Testosterone pellets will make it better, if you do not convert it to DHT; we will treat that if it happens.

Will my testicles shrink while I take the testosterone pellets?
Yes, they will. Testicles are suppressed by taking any kind of testosterone and they will not make as much testosterone while the pellets are working. This is not permanent and the testicle retains its ability to produce testosterone.