**Hormone Replacement Therapy FAQ**

* **What is Pellet Hormone Therapy?**
	+ We are more aware of receiving hormone therapy via oral tabs, creams, injections or patches. For many of us, those methods of treatments have not helped as much as we hoped. Pellet therapy, which has been present for decades, is inserting a Bio-Identical Hormone pellet in the buttocks area. Once the pellet is inserted, a steady, low dose of natural hormone flows directly into the blood stream and increases the amount of hormone whenever the body needs it, such as exercise or stress. This method gives the body the ability to control the release of the hormones just as it did when the ovaries or testicles were working normally. The *SottoPelle Method* insures an individualized dose for each patient based on their body’s individual needs.
* **What are Bio-identical Pellets made from?**
	+ The pellets are compounded according to the highest industry standards, using the best quality botanical ingredients available. Derived from a natural plant source of soy, yam and other plants, they are specifically formulated to replicate human estradiol and testosterone hormones. Nothing synthetic, just pure and natural biologically-identical hormones.
* **How long do the pellets typically last?**
	+ 3-5 months for women and 4-6 months for men.
* **How do I receive my treatment?**
	+ Each hormone pellet is the size of a grain of rice and inserted painlessly under the skin in the buttocks area. A mild, local anesthetic is used to numb the skin where the insertion will take place. The insertion takes less than five minutes. Repeat treatments involve a brief visit with one of our skilled providers 3-4 times per year for women and 2-3 times per year for men.
* **What are the side effects or complications?**
	+ **Women:** Side effects may include breast tenderness for 7-10 days after insertion, mild spotting or light breakthrough bleeding and slight weight gain from muscle growth or water retention. These side effects can be decreased or reversed by adjusting the subsequent estradiol doses. Facial hair growth, mild thinning of hair and acne are possible side effects but reversible by adjusting the subsequent testosterone doses.
	+ **Men:** Transient breast tenderness if the estradiol level increases more than expected with increased levels of testosterone. Transient aggressiveness and irritability can also occur. Symptoms can be eliminated by reducing the subsequent testosterone dose or by treating with medication.
* **How much does Hormone Therapy Cost?**
	+ **One time Consult fee:** $100
	+ **Initial insertion:** Average female fee is $240-$270.\*

Average male fee is $480-$600.\*

**\***Actual cost depends on the number of pellets inserted.