

# FAQ *frequently asked questions* by *Women*

**How often will I need pellets?**

Usually every six months, but for some women anywhere from four to twelve months.

**Will my period stay the same?**

As with any hormone therapy, a woman's period will change in character and amount, and may stop all together.

**Are there any side effects and /or complications?**

Unlike other forms of hormone therapy, there are virtually no side effects. A few patients may experience temporary breast sensitivity the first time pellets are used.

**How long will it take for the pellets to get into my system to work?**

Twenty-four to seventy-two hours.

**I get horrible headaches, will this help me?**

Yes, I have had great success with hormonally related headaches, such as women who have menstrual migraines.

**Do I need to take any other medications?**

Unless the uterus has been removed, women will also need progesterone, to protect the uterine lining.

**Why do I need Estrogen?**

Bio-identical absorbable estrogen is the most important hormone for a woman to protect her against heart attack and stroke, as well as osteoporosis and Alzheimer's. Synthetic estrogen taken orally does not offer the universal benefits.

**Will I grow unwanted hair from the testosterone?**

There is less chance of excess hair growth with bio-identical testosterone than with synthetic hormones.

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## You *Don't* have to *Live With It!*

All natural, pain free  
*Hormone Therapy*  
may be the way to go!



What women **NEED** to know about  
*Bio-Identical Hormones*



# Time is on Your Side!

WITH PELLET PALS BIO-IDENTICAL HORMONE REPLACEMENT THERAPY

If you are experiencing fatigue, unexplained weight gain, hot flashes or a diminished libido, then bio-identical hormone therapy may be the way to go! The key step is deciding which vehicle to use to deliver hormones to the body. Many physicians and their patients prefer bio-identical Hormone therapy. Each patient has a very different lifestyle. Patient compliance is going to be the number one factor in determining how well the patient does on his or her replacement therapy.

Pellet implantation is the easiest vehicle due to the ease and duration of therapy. The patient goes to the doctor's office usually once every 4-6 months. Each pellet is the size of a grain of rice and is usually placed in the buttocks beneath the skin. The procedure takes only 5 minutes, using a local anesthetic. The body will use the pellets as its reservoir, thus drawing from the "hormone bank", as the body needs it. There are virtually no side effects. A few patients may experience temporary breast sensitivity the first time pellets are used. It normally takes the pellets twenty-four to seventy-two hours to start working.

There has been controversy on the topic of Hormone Replacement Therapy (HRT) for the last 15 years. Negative attitudes drastically dominate the media. Combine this with the Women's Health Initiative (WHI) study that was halted because of health risks, information on HRT has caused confusion for women trying to make an informed decision on their health. Let's shed a little light on the controversy. First, the WHI study and the subsequent media reports about HRT are based on commercial HRT only. They are based on findings about the combination of conjugated estrogens and medroxy-progesterone (PremPro). When you hear about HRT in the news, this is what they are referring to, not bio-identical HRT.

Some alternatives include over-the-counter products containing phytoestrogens, and topical products containing low-dose progesterone. These will provide temporary relief in PMS, perimenopausal, and menopausal symptoms. Long-term benefits and improved health can be achieved through Bio-identical Hormone Replacement Therapy, a prescription alternative.

## What is Bio-identical Hormone Replacement Therapy?

Bio-identical Hormone Replacement Therapy (BHRT) is a prescription alternative to conventional hormone replacement therapy (pills, gels and patches). Bio-identical medications are plant-derived, and chemically changed in a laboratory until they are identical to what your body would naturally produce. BHRT is customizable; in other words, it can be adjusted to fit your needs, unlike conventional HRT, which has a few standard dosage strengths.

## What are the goals of BHRT?

- Alleviate symptoms caused by the natural decrease in hormone production in the body (hot flashes, mood swings, increased fat, poor sleep, etc.)
- Reestablish the individual's hormonal balance

- Provide protective benefits that were originally provided by the body's naturally occurring hormones (protection against heart disease, osteoporosis, etc.)

## What are the benefits of BHRT?

BHRT offers a number of health-related benefits:

- Helps in the prevention of osteoporosis and restoration of bone strength
- Protection against heart disease and stroke
- Reduced hot flashes and reduced vaginal dryness
- Muscle mass and strength are better maintained
- Improvement in cholesterol levels
- Risk of depression reduced
- Reduced risk of breast and endometrial cancer
- Improved libido
- Slowing of senility and Alzheimer's Disease
- Improved sleep
- Mood, concentration, and memory become better
- Far fewer unwanted effects than synthetic hormones

## Here's what some of our patients are saying about BHRT

"As a young woman with hormone imbalances, I was miserable. Pellet therapy has made a huge difference in my total well being. I would highly recommend this to anyone needing hormone therapy. Thank you Dr. Wilson" -A.L.

"When a hysterectomy prompted my need for HRT...I was becoming increasingly concerned about the recent studies surrounding HRT. Dr. Wilson discussed all of my options with me. I decided to try bio-identical therapy and I am so glad I did..." -P.V.

"The best money I ever spent. Everyone deserves this". -T.M.

"As a male nearing fifty, I had always been active and athletic...I got tested and my hormones were low, I started Bio-medical Therapy. Now, I've got my life back and can keep up with the young guys again" -T.W.

