

## Is Hormone Pellet Therapy for YOU?

By: Dr. Tracie Leonhardt

Hormones have so many valuable functions in our overall health and properly individualized Bio-identical Hormone Replacement Therapy (BHRT) is extremely important. BHRT is essential for all men's and women's overall good health. With the ultimate goal of achieving the individual's optimal health and personal sense of wellbeing, Peaks of Health is now offering BioTE Pellet insertion therapy—a safer, more convenient and effective individualized replacement method.

Why would we want to replace our hormones at all? As we all know our bodies are multi-faceted and multi-functional. It isn't surprising that hormones play so many important roles and are responsible for so many different things.

### Estrogen Functions

Dilates arteries  
Decreases blood  
sugar Increases blood  
flow Works as an  
antioxidant  
Increases metabolic rate

Improves insulin sensitivity  
Regulates body temperature  
Improves sleep  
Reduces risk of cataracts Maintains  
the collagen in the skin  
Has over 400 functions in our bodies

There are three different kinds of estrogen in the female body—Estrone (E1), Estradiol (E2) and Estriol (E3). Estradiol is the estrogen primarily made in our ovaries. Estrone is primarily made in our abdominal fat and adrenal glands and is the estrogen that is mostly produced after menopause. Estriol is the estrogen primarily produced during pregnancy. Estrogen metabolism can be affected by obesity, alcohol, xenoestrogens, pesticides, and antibiotics. In a study by Susan Davis, estrogen replacement with pellets has effects on body fat in post-menopausal women that are associated with improved lipid parameters. It decreased total cholesterol, LDL, increased HDL and decreased triglycerides. Marked reduction in fat mass was seen in the estrogen plus testosterone group after two years.

### Progesterone Functions

Helps balance estrogen  
Improves sleep  
Natural calming effect  
Lowers high blood pressure  
Helps the body use and eliminate fats  
Lowers cholesterol  
May protect against breast cancer  
Improves libido

Increases metabolic rate  
Natural diuretic  
Natural antidepressant  
Anti-inflammatory  
Stimulates production of new bone  
Enhances the action of the thyroid hormones

### Testosterone Functions

Dilates coronary (heart) arteries  
Increases blood flow to the heart  
Reduces inflammation  
Reduces joint pain

Increases libido  
Increases muscle mass  
Increases insulin sensitivity  
Increases bone density

Risks of low testosterone in men include an increased risk of Alzheimer's, cardiovascular disease, osteoporosis, prostate cancer, diabetes and muscle loss known as sarcopenia. The risks of low testosterone in women include Alzheimer's, cardiovascular disease, and osteoporosis, diabetes and breast cancer. Testosterone plays more than just the role of libido in women. Testosterone does not cause hoarseness and voice changes nor will women be masculinized (that would require 30x the dose given). Testosterone plays a very important role in the prevention of osteoporosis as there are androgen receptors found in all three bone cells and testosterone stimulates new bone formation.

While balancing one's hormones has extreme health benefits, there is no one size fits all. Each man or woman is an individual and proper hormone replacement must be based on one's own personal needs. Personal needs are an important factor in the replacement dosing and method. In many cases the delivery method will determine the optimal level achieved and the outcome of replacement. In the past, BHRT has been done orally, sublingually, with injections, or by use of gels or creams using delivery methods of syringes, pumps, or topiclicks. Every method is not right for every patient and one method of delivery does not fit every patient. However, many people are unfamiliar with all the available methods. An option that many people are not yet aware of is Pellets. In many cases, BHRT Pellet therapy will confidently fit into everyone's busy on-the-go lifestyle.

Although, Pellets are just making headway in the United States; it is not new science. Pellets were originally developed in 1939 for women who had radical hysterectomies and are currently widely used in Europe and Australia. Both males and females benefit equally from Pellet therapy. Pellet therapy is an extremely convenient and effective method of hormone replacement. The beauty of the pellets is that the patient is the one to determine when they need to be dosed again. For example, I like to describe it like a car and the gas tank – “The car runs the same whether the gas tank reads full or almost empty. It is only when the tank is empty that you know the difference and the car will not run any longer”. The pellets will release the hormone until they are completely dissolved and used, and this is when the patient will know and feel the need for another insertion.

Pellet hormone replacement includes Estradiol and Testosterone. Pellets are made by compressions the hormone using thousands of pounds of pressure and then sterilizing them in an autoclave. Make sure that any pellets used are not gamma radiated. Pellets are absorbed based on cardiac output and not time released. This means that when your body is under stress and the heart rate increases the amount of hormone delivered will increase with it. This is more physiologic and the same way our bodies normally deliver our hormones. This method obtains a more steady state of hormone release than the ups and downs of other delivery methods. Pellet therapy also achieves optimal levels in much faster rates than other delivery methods – the patients usually can feel the hormones reach levels in as little as 10-14 days. Pellet therapy shows more compliance as there is no worry about transferring a transdermal gel or cream to a spouse or child and there is no doubt whether the patient was taking their hormone correctly. Pellets last an average of 3-6 months in women and average of 5-6 months in men.

The costs of the various treatment methods average out to about the same when testing and follow-up visits are included in the calculations.

Risks of pellet hormone replacement would be extraction of the pellets, the pellets coming out, wound infections or incorrect dosing.

I have partnered with BioTE because they insist on high quality pellets with very strict testing and potency. They do not allow gamma radiation of their pellets and allow only 4% deviation in the dosing. BioTE has many years of research in the method of proper dosing of their pellets and takes into account the individual patient and their history to obtain the correct dosing. It is important to test the patient 4-6 weeks after pellets are inserted to determine if the correct dosage was achieved for the next insertion.

Pellets are placed in the subcutaneous fat tissue in the hip region. The skin is numbed and a small incision is made. The procedure takes only five minutes for females and about ten minutes for males. The pellets are about the size of a piece of rice and fully dissolve during the course of treatment.

Are you ready to feel great? Be full of energy? Get your libido back? Reduce your body fat? Get your pellets today. Call Dr. Tracie Leonhardt at Peaks of Health Metabolic Medical Center at 727-826-0838 today. Dr. Leonhardt is Board Certified in Emergency Medicine, has an Advanced Fellowship in Anti-Aging Medicine, and is a BioTE certified physician.