

## 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 us 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 in 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 natural 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. That is it!

- **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 side effects that can occur but are 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 consultation fee:** \$100 (for consultation only)

**Initial insertion:** (includes the consultation fee, insertion fee and the cost of pellets)

Average female fee is \$340-\$370.

Average male fee is \$580-\$700.

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

**Booster Insertion:** (5-7 weeks after the initial insertion)

Average female fee is \$185.

Average male fee is \$285.

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

**Female Maintenance Insertion Fee:** (approximately every 3-4 months)

Average female maintenance insertion fee is \$270.

**Male Maintenance Insertion Fee:** (approximately every 4-6 months)

Average male maintenance insertion fee is \$480-\$600.

We accept the following forms of payment:

MasterCard, Visa, Discover, American Express, Care Credit, Health Savings Account (HSA) debit card, Personal Checks and Cash.

- **Do we accept insurance?**

***We do not accept insurance.*** All payments are required in full at the time of your appointment. You may contact your insurance company to find out if your policy covers any of the cost of your treatment. If so, we are happy to provide you with a detailed invoice after each treatment that you may then submit with your insurance company's claim form.

- **What do I need to do to get started?**

The **first step** is to call for an appointment for an initial consult and treatment.

The **second step** is getting your labs drawn. Your lab results are crucial in determining your hormone deficiencies and then calculating the perfect dose and plan for you.

Please be aware that lab results can take at least 7-14 days for us to receive.

- **Where are the labs drawn?**

Labs can be drawn at your Primary Care Physician's office, hospital or lab facility of your choice.

- **Medicare Patient?**

***Our providers are not Medicare, PPO or HMO providers and are considered "out of network" physicians. You will be responsible for payment of your labs unless your individual insurance policy will cover them.*** You will need to contact your insurance company to ask about coverage.

- **No insurance or have an insurance plan with a large deductible?**

For patients who do not have insurance, have insurance plans with large deductibles or their insurance declines coverage of the labs, Allura has contracted reduced lab fees with **LABCORP**. The lab fees must be prepaid for at Allura **BEFORE** you have the labs drawn at a LABCORP facility. Payments may be made in person or over the phone for your convenience. LABCORP fees are comparable to "patient assisted programs". (See below.)

**“Patient Assisted Programs”** are offered by some laboratories. You do not need a physician’s order to have the labs drawn when using these programs. We can assist you by letting you know which labs are required prior to your first appointment. The lab results are mailed directly to you. We do not automatically receive a copy of the labs so we ask that you please fax or e-mail us a copy, or request that the lab do so. If we have not received your lab results in time your appointment may have to be rescheduled.

- **What time should I arrive for my initial consultation?**

If you have completed all of the required paperwork prior to your appointment (Medical Health History and several consent forms), we ask that you arrive 15 minutes early. If your paperwork is not complete, please arrive 40 minutes prior to your appointment in order to fill out all of the forms. For your convenience, the forms can be found on our website, [www.AlluraClinic.com](http://www.AlluraClinic.com) under the “Patient Forms” tab, then Female or Male Bio-Identical Hormone Replacement Patient Forms.

- **What are the benefits of doing hormone replacement therapy?**

Hormone replacement therapy using pellets is beneficial to the human body and provides relief with:

- enhancement** of libido or increased sexual desire
- increase** in lean body mass and decrease in body fat
- greater capacity** for getting in shape
- anti-inflammatory affects** that reduce achiness of joints and muscle soreness
- **increased energy levels**
- consistency in mood:** reduction in feelings of anger, nervousness and irritability
- relief** from anxiety and depression
- increased** vitality, focus, mental clarity and concentration
- improved** memory
- increase** sense of overall well-being
- protection** from heart disease

- **Questions?**

We are well-staffed with a knowledgeable Hormone Department Team that can answer your questions or address any concerns that may arise while you are on pellet therapy. Please call our office at 970-223-0193 and ask to speak to our medical assistant, or email us at [hormonereplacement@alluraclinic.com](mailto:hormonereplacement@alluraclinic.com). Our medical assistant can answer most of your concerns but can contact one of our providers if needed.

***You will find that pellet therapy is going to help you feel the best you have felt in a long time!***