

The Complete Guide to Hormone Pellet Therapy

Are you considering hormone pellet therapy for menopause or andropause? There is an increasing amount of information out there on hormone replacement pellet therapy, and you need all the facts to make the best decision. Our experts can help you get a clear perspective of this life-changing therapy.

What is Pellet Therapy?

Pellet therapy is just one of the delivery method options for hormone replacement therapy (HRT). HRT pellet therapy offers patients a solution for fluctuating hormone levels without the hassles of messy creams or frequent injections. Pellets, which are generally the size of a grain of rice, are administered under the skin by a medical professional. Unlike repetitious (and sometimes painful) standard injections, such as the kind that are used for liquid testosterone injections, a single hormone replacement pellet will usually last approximately 3 to 6 months, varying by gender and recommended dose.

History of Pellet Therapy

While the use of HRT pellet therapy goes all the way back to the late 1930s, the popularity of this form of hormone therapy waned with the development of the synthetic oral progesterone HRT, more commonly known as Premarin. Premarin is derived from the urine of pregnant horses and offers the convenience of a pill that can be taken in the comfort of home to support hormone balance.

Oral estrogens dominated hormone therapy for more than half a century, until the 1991 Women's Health Initiative (WHI) study concluded that use of synthetic hormones like Premarin and Provera (synthetic progestin) could lead to an increased risk of certain health issues, such as stroke, heart disease, and different forms of cancer.

Though oral hormone therapy was more commonly prescribed in the early adoption of hormone therapy, pioneers of hormone health continued to develop the convenience and efficacy of pellet therapy. By the mid-2000s, bioidentical pellet therapy had earned a reputation as the safer and more effective form of HRT. Bioidentical hormones are derived from plants and are structurally identical to the hormones found in the human body.

What Does Pellet Hormone Therapy Treat?

Bioidentical hormone replacement pellet therapy can help men and women reach their fullest potential and feel enjoy greater vitality and rejuvenation of youthfulness.

Pellet Therapy for Menopause and PeriMenopause

Menopause officially marks the time when a woman's menstrual cycle stops. The ensuing hormonal imbalance will often cause women to experience a wide range of uncomfortable and detrimental symptoms, although women can still experience some of these symptoms before menopause occurs. Perimenopause marks the phase in a woman's life when her ovaries slow down production of progesterone and estrogen, while still experiencing menstrual cycles. This phase can

last for years and introduces many of the symptoms that commonly intensify with the onset of menopause. These negative symptoms of perimenopause and menopause include, but are not limited to:

Hot Flashes Night Sweats Loss of Libido Mood Swings Weight Gain Vaginal Dryness Thinning Hair or Hair Loss Sleep Loss Increased Stress Cognitive Decline, Memory Loss, or Foggy Brain Joint Pain Fatigue Muscle Weakness Bone Loss

Whether you're experiencing one, a few, or several of these debilitating symptoms, you're probably looking for a way to mitigate or stop these symptoms so that you can get back to living your life and being the best version of yourself. Bioidentical hormone replacement therapy (BHRT) is the solution.

Testosterone Pellet Therapy for Women

When it comes to hormonal imbalances in women, estrogen and progesterone aren't the only culprits. Women can also experience the negative symptoms that result from low testosterone levels. Low testosterone levels in women are known to negatively impact red blood cell production, and they can lead to a lot of the same debilitating symptoms associated with perimenopause and menopause, including:

Weight Gain Fatigue Bone Loss Sleep Loss Reduced Libido Vaginal Dryness

Just one small pellet inserted under the skin alleviates symptoms in women with low testosterone levels. For most women one dose lasts between two and four months.

Testosterone Pellet Therapy for Men

Men can also experience hormonal imbalance (especially as they age), and this usually occurs in the form of low testosterone. In fact, it has been estimated that nearly 40 percent of men 45 and older experience at least some adverse effects of low testosterone levels. Whether this is a result of the testes not producing enough testosterone (a condition known as male hypogonadism) or other sources like medication side effects, testicular injuries, excess estrogen, or certain illnesses and syndromes, men can suffer from a long list of symptoms that can negatively impact their quality of life. These symptoms include, but are not limited to:

Erectile Dysfunction (ED) Low Libido Fatigue Muscle Weakness Mood Swings and Irritability Cognitive Decline and Memory Loss Development of Male Breasts (a condition known as Gynecomastia) Weight Gain Hair Loss Sleep Loss

Like women experiencing the adverse effects of hormonal imbalance, so many aging men experience at least some of these life-impacting symptoms. Men in this position will often self-administer testosterone liquid injections on a regular (almost daily) basis, which can lead to pain or discomfort at the injection site. With testosterone pellets, these men could alleviate these symptoms with just two to three pellet insertions per year. Pellets reduce the risk of infection and pain, delivery a steady dose throughout the treatment cycle and reduce side effects.

BHRT Pellet Therapy Procedure

After calculating the proper dosage based on body mass index (BMI), hormone levels, and other factors, Dr. Andronico creates a very small incision and inserts at least the needed amount of pellets under the skin. The small incision is closed with surgical glue and a bandage, which may be removed five to seven days after the procedure.

It's that simple. Most treatment cycles last four to six months. It may take one or two treatment cycles to reach optimization—communication with Dr. Andronico is vital to achieving the best outcomes. Once you reach optimization, you can enjoy consistent symptom relief, greater vitality, and reduced risk of many diseases commonly associated with aging.

Benefits of BHRT Pellet Therapy

Pellet therapy offers a number of benefits over other delivery methods, including fewer visits required for each treatment cycle, a steady release of hormone throughout each treatment cycle (no rollercoaster effects at the beginning or end of a cycle), fewer side effects, effective symptom relief, and reduced risk of certain diseases.

Creams and gels. If you were to choose creams or gels, you are at-risk of exposing your spouse, kids, or pets to the therapy. These forms of HRT may easily transfer with contact. Additionally, exact dosing can be difficult leading to rollercoaster effects throughout the treatment and side effects if too much or too little is administered. Plus, most prescriptions for creams and gels required application once or twice per day—that's 365 to 730 times per year.

Injections. Injections also lack the convenience that pellets offer. Some injections may require administration every 2 to 10 weeks, depending on what your practitioner prescribes. Additionally, injections often cause a significant surge of hormone at the beginning of a treatment cycle and heavy drop off toward the end of the cycle. This can cause symptoms to return between injections and induce frequent, uncomfortable side effects.

Patches. Patches may seem like a "set it and forget it" delivery method, but most patients will tell you, these are anything but forgettable. Patches may come off the skin when exposed to water or sweat. An unattached patch—even partially—can mess with your dose. This can lead to uncomfortable side effects and impair treatment.

With pellets, you get the freedom to live your life—no daily hassles with pills or creams, no rollercoaster effects like injections, and because pellet offer long-term, steady optimization of hormone levels, most patients enjoy added health benefits, including reduced risk of disease.

Is Hormone Pellet Therapy Safe?

BHRT pellet therapy is widely considered to be a safe way to correct debilitating hormonal imbalances. After all, this method has been in practice for almost a century. Any side effects resulting from pellet insertion are generally mild and may be reduced when you choose a superior form of pellet therapy administered by a highly-trained practitioner.

Dr. Andronico is a Certified EvexiPel provider. What Makes EvexiPEL Hormone Pellet Therapy Better?

We know that you have a myriad of choices when it comes to pellet practitioners. Let's take a quick dive into what separates EvexiPEL hormone pellet therapy from other options.

The Best Pellets for Pellet Hormone Therapy

EvexiPEL BHRT pellet therapy stands apart from the competition because it uses only the highest quality ingredients sourced from nature. Each pellet is expertly crafted to have an identical chemical structure to the hormones naturally produced by the human body. Give yourself the best chance of achieving hormonal balance by choosing high quality hormone pellets.

A Superior Pellet Procedure

EvexiPEL hormone pellet insertion is a very non-invasive procedure that can help you achieve optimal health and wellbeing without daily injections, oversized pills, or messy creams. EvexiPEL certified practitioners use pellets formulated with an anti-inflammatory ingredient designed to improve patient comfort during and after the procedure. The EvexiPEL method uses a proprietary technique that has been shown to improve patient outcomes, including enhanced comfort during and after the procedure as well as steady dosing throughout the treatment cycle. Plus, with the EvexiPEL insertion technique, most patients require just 2 to 3 visits per year (varies by required dose and also male/female).