



## **REVIVE Biote Information**

### **Introduction**

Data supports that testosterone implants effectively treat symptoms in both men and women. Implants, placed under the skin, consistently release small, physiologic doses of hormones providing optimal therapy without adverse effects.

### **What are Pellets?**

Pellets or implants are made up of bio-identical hormones (i.e. testosterone or estrogen that are the exact formula your body manufactures) and are derived from natural plants that are pressed or fused into very small solid cylinders. These are larger than a grain of rice and smaller than a "Tic Tac". In the United States, the majority of pellets are made by compounding pharmacists and delivered into sterile glass vials.

### **Why Pellets?**

Pellets deliver consistent, healthy levels of hormones for 3-4 months in women and 4-5 months in men. They avoid the fluctuations, or ups and downs of hormone levels (roller coaster effect) seen with every other method of delivery. This is important for optimal health and disease prevention. Pellets do not increase the risks of blood clots like conventional or synthetic hormone replacement therapy.

In studies when compared to conventional hormone replacement therapy, pellets have been shown to be superior for relief of menopausal symptoms, maintenance of bone density, restoration of sleep patterns, and improvement in sex drive, libido, sexual response and performance.

Testosterone delivered by a pellet implant has been used to treat migraine and menstrual headaches. Testosterone also helps with vaginal dryness, incontinence, urinary urgency and frequency. In both men and women, testosterone has been shown to increase energy, relieve depression, increase sense of well-being, relieve anxiety and improve memory and concentration. Testosterone delivered by pellet implant increases lean body mass (muscle strength, bone density) and decreases fat mass. Men and women need adequate levels of testosterone for optimal mental and physical health and for the prevention of chronic illnesses like Alzheimer's and Parkinson's disease, which are associated with low testosterone levels.

Even patients that have failed other types of hormones therapy have a very high success rate with pellets. There is no other "method of hormone delivery" that is as convenient for the patient as implants. Implants have been used in both men and women since the late 1930's. There is significant data that supports the use of testosterone implants in both men and women.

Men need a much larger dose of testosterone than women, therefore the cost is higher. Pellets need to be inserted 2 to 4 times a year depending on how rapidly a patient metabolizes hormones. When compared to the cost of drugs to treat the individual symptoms of hormone decline, pellets are very cost effective.

### **Will insurance cover the procedure?**

Very few insurance companies cover the cost of pellets. Payment is required at the time of service. Prevention is much more cost effective than the disease.

### **Is there a role for testosterone implants (pellets) in premenopausal females?**

Testosterone pellets may be used in premenopausal females (women who have not stopped menstruating). Testosterone has been shown to relieve migraine and menstrual headaches, help with symptoms of PMS (premenstrual syndrome), relieve anxiety and depression, increase energy, help with sleep and improve sex drive and libido. If premenopausal female has a testosterone pellet inserted, birth control is recommended. There is a "theoretical risk of masculinizing" a female fetus (giving male traits to a female fetus).

### **Can a patient be allergic to implants?**

Very rarely, a patient will develop a local zone of redness (3-8 cm) with itching at the site of the testosterone implant. There is minimal or no tenderness and no other signs of infection. Pellets are made up of testosterone, stearic acid and sometimes PVP

(povidone). Patients may react to the PVP. Our pellets are made without PVP. Many patients who develop a local reaction to the implant have low cortisol levels and upon further questioning have symptoms of adrenal insufficiency. Cortisol may be recommended. If needed, 25-50 mg of Benadryl works well for the itching.

**For more information, please contact our office at 907-371-1766.**