

What is BHRT and Why Do It?

Bioidentical hormone replacement therapy (BHRT) is a type of therapy that utilizes hormones, such as the ones used by Biote, that are structurally like other hormones found inside the human body. BHRT is well-known for its effectiveness in transporting hormones providing ideal therapy in both men and women. It has been prevalent in the United States for over 50 years.

What is Pellet Therapy?

Pellets consist of testosterone or estrogen that is fused into minuscule solid cylinders. Pellet therapy allows for the safe delivery of healthy and consistent levels of hormones for 4-6 months in men and 3-5 months in women. Pellets are optimal when compared to other techniques as they avoid fluctuation of hormone levels. Unlike conventional or synthetic hormone replacement therapy (HRT), pellets do **not** heighten the risk of blood clots.

Why Haven't I Heard of Pellets?

You could ask why pellets haven't been mentioned to you. Pellets have not been commercialized in the United States and are not patented. In Europe and Australia, where pharmaceutical companies make pellets, they are widely utilized. The majority of the study on pellets comes from Australia and Europe. From roughly 1940 until the late 1970s, when oral patented chemically altered estrogens and testosterone were marketed to the general public, pellets were widely used in the United States. The most intriguing research to date on hormone implants in breast cancer patients comes from countries other than the United States. There are clinics that focus on the use of pellets for hormone therapy even in the United States.

What Is Testosterone?

In both men and women, testosterone is a hormone that is generally involved in a number of vital bodily functions. As the body ages, both men and women may experience imbalances in testosterone hormones, which are produced in the testes and ovaries.

What Health Concerns Will Testosterone Pellets Relieve?

Testosterone pellets have been scientifically researched and clinically proven to relieve a large range of reproductive issues including emotional and non-reproductive conditions in both males and females. It increases lean body mass and decreases fat mass. **Low** testosterone levels can increase the chances of chronic diseases such as Parkinson's and Alzheimer's disease which is why it is pertinent to keep hormones at a healthy level.

What is Estrogen?

Estrogen in women is frequently linked to reproduction because it initiates the menstrual cycle and shapes the secondary sex traits of the female body.

How Do Estrogen Levels Change With Age?

As women age, their estrogen levels decrease. Women's hormone levels fall most noticeably during perimenopause (the period right before menopause) and during menopause. The fundamental function of the ovaries is the creation of estrogen, so if a woman has undergone a radical hysterectomy that involves the removal of both ovaries, her estrogen levels will suffer significantly. Although adipose tissue and adrenal glands both create some estrogen, this is frequently insufficient to properly balance and sustain the hormone levels in women.

What Health Concerns Will Estrogen Pellets Relieve?

Estrogen pellets relieve health concerns, including but not limited to, side effects of menopause, mood, heart health, and bone density.

How and Where Are Pellets Inserted?

Providers that are certified in Biote insert subcutaneous pellets into the upper buttocks region after testing is finished to establish how much hormone to allot to the patient. To ensure the patient attains the exact concentration of hormones required, the dosage is tailored to the patient's extensive lab work results and provider's consultation.

How Long Do Pellets Last?

Depending on the patient's gender, weight, absorption rates, and degree of hormonal shortage or excess at the time of insertion, pellets can last anywhere between three and six months. To help keep hormones adjusted and balanced, pellets are reinserted two to four times a year. It may take up to two insertions before you experience the full advantages.

Are There Any Side Effects or Complications From the Insertion Of the Pellets?

Small amounts of bleeding or bruising, skin discoloration, infection, and the pellet's potential extrusion are all risks associated with pellet implantation. These problems are extremely infrequent and usually limited to minor bruising or skin discoloration. In some women, testosterone may result in a modest rise in facial hair. The formation of red blood cells is boosted by testosterone's stimulation of the bone marrow. Anemia is brought on by older males having decreased testosterone levels. Red blood cells may increase when testosterone is administered via implants or other means.

For 48 hours after the implants are placed, intense exercise is prohibited for women, and for one to five to seven days, respectively, for men. A pellet pushing its way out is called "extrusion," and it is caused by early physical activity. If a patient has diabetes or had a joint

replaced, antibiotics may be recommended. Nevertheless, since this is a "clean surgery," antibiotics are typically not required.

What If My Primary Care Physician or My Gynecologist Says That There is 'No Data' To Support the Use of Pellet Implants?

This is incorrect. Between having "no data" and not having read the data, there is a significant distinction. For busy practitioners, dismissing the patient is far simpler than considering alternative viewpoints and conducting research. Patients must make an educated decision. Patients may feel happier, have more energy, and sleep better after receiving pellets. Fat tissue will decrease while muscle mass and bone density will strengthen. Patients might experience improved physical performance, coordination, and strength. Skin tone and hair texture might both be better. Memory and concentration, as well as general physical and sexual health, may all improve. The 'long term' safety of hormones implanted as pellets is supported by data.

Do Pellets Have the Same Risk of Breast Cancer as Other Forms of Hormone Replacement Therapy?

The higher risk of breast cancer associated with oral estrogens does not apply to testosterone pellets. The research suggests that bioidentical testosterone pellets lower the incidence of breast cancer. Analysis shows that testosterone shields against breast cancer
Will Hormone Therapy With Pellets Prevent Hair Loss and Support Hair Growth?.

Many women who experience hair loss due to hormone imbalances may find relief with testosterone implants. With pellet therapy, hair frequently becomes thicker and less dry.

What Happens When Pellet Therapy Is Discontinued?

As the patient's estrogen and testosterone levels start to fall, their symptoms will typically return to how they were before BHRT. Every person's body is unique, weariness, dejection, and insomnia symptoms may return at the end of a pellet cycle or when discontinuing pellet therapy completely.