

Hormone Replacement Therapy with Pellets Now Available in Tampa

At BioDesign Wellness, pellet therapy is now offered on our existing menu of bioidentical hormone replacement therapy (HRT) options. Choices for HRT now include:

- Pellets (mainly for women), surgically inserted just below the skin every three to five months. (Note: *While we often recommend a different approach for men, bioidentical hormone replacement therapy through the delivery of pellets placed just below the skin is available.*)
- Capsules, taken orally by prescription
- Topical creams
- Injections

Your choice depends primarily on personal preference. Many women who can benefit from HRT opt for pellets to avoid taking medication daily, but capsules, creams, patches, and injections have their own advantages, as you'll see later in this post.

Do I Need Hormone Replacement Therapy?

We take a conservative approach to HRT for both women and men. First, we seek to understand and then address any underlying health issues that may be hindering you from feeling your absolute best. Then – and only then – do we consider hormone replacement therapy, and only if a patient is experiencing symptoms indicating that such therapy may be useful, such as the following:

Symptoms for Women	Symptoms for Men
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Anxiety	Lost strength or endurance
Brain fog (reduced mental clarity/focus)	Brain fog (reduced mental clarity or lack of focus)
Sadness/depression	Sadness/depression
Dry skin	Less frequent or weaker erections
Fatigue	Fatigue
Hair loss	Deterioration of athletic performance or inability to play sports
Hot flashes	Feeling tired or falling asleep after meals
Loss of libido (sex drive)	Loss of libido (sex drive)
Mood swings	Decreased enjoyment of life
Restless sleep	Restless sleep
Spotting between cycles, heavy bleeding, irregular cycles, painful cycles	Weight gain (inability to lose weight)
Tender breasts	
Vaginal dryness	
Weight gain	

The primary benefits of hormone replacement therapy when done properly using bioidentical hormones, include the following:

- Improved sleep
- Reduced inflammation
- Increased energy
- Improved sexual function
- Enhanced mood
- Increased muscle strength

- Improved body composition
- Improvements in skin tone and hair texture
- Fewer to no hot flashes
- Easier weight management

Testosterone specifically reduces secretion of beta-amyloid cells associated with Alzheimer's disease and improves cognitive function. Progesterone increases bone mass.

For more about testosterone replacement therapy (TRT) for men and hormone replacement therapy for women, please read our previous posts on these topics:

- [Setting the Record Straight on Testosterone Replacement Therapy](#)
- [Part I: Hormone Replacement Therapy is Safe – When Done Right](#)
- [Part II: What You Can Expect with Hormone Replacement Therapy](#)

Why Bioidentical Hormones?

Bioidentical hormones have the same molecular structure as endogenous hormones (those found naturally in the human body). As a result, they have the same physiological effects as endogenous hormones.

Many of the studies that highlight the dangers of hormone replacement therapy look at the use of synthetic hormones, such as medroxyprogesterone (Provera) and Premarin (conjugated equine estrogens), which are *not* bioidentical to human hormones. These pharmaceuticals mimic human hormones and may actually interfere with the body's natural hormones and hormone receptors, which may increase the risks of serious health conditions.

Bioidentical hormones, used properly, are safe and effective.

Exploring Your Options

If it's decided that hormone replacement therapy is right for you, we discuss the methods for delivering bioidentical hormones to your body. The table below helps you compare the four methods we offer.

HRT Delivery method	Advantages	Disadvantages
Capsules	Precise dosing Easy dosing adjustments Support for higher dosing than creams	Inconvenience of daily medication
Topical applications (creams)	Convenience No need to swallow pills No pain from injections	Lower absorption Inconsistent dosing (absorption depends on humidity, skin condition, and application site) Poor support for higher dosing Care needs to be taken to avoid skin-to-skin contact with others following application

Injection	Fast-acting Convenient (self-administered) 100% absorption Easy dosing adjustments	Pain/discomfort
Pellets (for women only)	Convenience Long-term, time-released hormones	Doesn't allow for quick dosing adjustments Pain/discomfort

Pellets contain hormones (estradiol or testosterone) compressed into tiny cylinders slightly larger than a grain of rice. A small incision is made in the lower abdomen or upper buttocks, the pellet is inserted under the skin, and the incision is closed with sutures or tape strips. Over a period of three to five months, the pellets dissolve, so they don't need to be removed. You can expect to feel relief from two days to two weeks after the pellets are implanted.

After the pellets are implanted, you must avoid any vigorous physical activity, bathing and swimming for about five days. You can take a shower but avoid scrubbing the area for about a week until the area is fully healed.

Possible adverse side effects for pellet therapy include minor bleeding, bruising, swelling, discoloration, itching, or infection. The possibility also exists of the pellet backing out of the insertion site.

See Your Doctor

If you're not feeling your best, we encourage you to make an appointment to see a doctor who fully understands the critical role hormones play in overall health, and one who takes an integrative approach to treating patients. Declining hormone

levels may or may not be the root cause of why you're not feeling your best. Any and all causes should be carefully explored and addressed before proceeding with HRT. At BioDesign Wellness Center, we think of hormone replacement therapy as "the cherry on top."

Disclaimer: *The information in this blog post on pellets and hormone replacement therapy is provided for general informational purposes only and may not reflect current medical thinking or practices. No information contained in this post should be construed as medical advice from the medical staff at BioDesign Wellness Center, Inc., nor is this post intended to be a substitute for medical counsel on any subject matter. No reader of this post should act or refrain from acting on the basis of any information included in, or accessible through, this post without seeking the appropriate medical advice on the particular facts and circumstances at issue from a licensed medical professional in the recipient's state, country or other appropriate licensing jurisdiction.*