

Frequently Asked Questions

How does the pellet method work?

After you have lab work to determine what your hormone dosage should be the pellets are placed under the skin in the fatty tissue of the hip area. The hormones are released as needed according to your own unique metabolic rate and activity level.

What becomes of the pellets that are placed under my skin?

Because they are pure hormones without fillers or synthetic ingredients, they completely dissolve.

Why are pellets better than other forms of HRT like patches, shots or pills?

They are pure hormone that is not metabolized into byproducts by going through the liver, stomach or skin. This delivery system allows your body to use the right amount of hormone from the pellet as the blood flow surrounding the pellets picks up what is needed.

How often will I need pellets?

For women: usually every 3–6 months. For men: usually every 5–6 months.

How long will it take for the pellets to get into my system and work?

24–72 hours. Optimal effect occurs 3 weeks after insertion.

If I'm already getting pellets somewhere else do I still need a consultation?

Yes, we may do things a little differently than your last provider.

Will my insurance pay for the pellets?

Your insurance may pay for your lab work and consultation appointment but they usually won't pay for the actual pellets. You may be able to use your HSA or Flex Spending Account depending on whether this cost is deemed to be in compliance by your plan administrator.

Specifically for Women

Do I need to take other medication?

If you still have a uterus you will need to be on natural progesterone as well.

Why do I need estrogen?

Estrogen is the most important hormone for a woman. It protects against heart attack, stroke, osteoporosis and Alzheimer's. It also keeps us looking young and healthy.

Why do I need testosterone?

Testosterone is the third female hormone and is as essential as estrogen and progesterone. We need this hormone to keep our thought process quick and our libido healthy. It improves bone density, muscle mass, strength and prevents some types of depression. It is also the source of energy and solid sleep!

Specifically for Men

Does testosterone cause prostate cancer?

No. Metabolites of testosterone, Dihydrotestosterone and estrone cause prostate enlargement and contribute to prostate cancer. Estrone increases and testosterone decreases as men age and as men gain belly fat. Testosterone pellets are the only replacement that reverses that trend.

How to I take testosterone pellets and not convert them to Dihydrotestosterone and estrone?

Your blood levels of estrone and DHT are checked after treatment to see if they are elevated. Some men still convert to these metabolites even on testosterone pellets. If they are converting, we troubleshoot with natural supplements like DIM and Saw Palmetto, or an aromatase inhibitor prescription.

What if I have prostate enlargement already?

Testosterone pellets will make it better, if you do not convert it to DHT; we will treat that if it happens.