



## HRT Frequently Asked Questions

### **Q. What is Hormone Pellet Therapy?**

A. Bio-Identical hormone pellet therapy uses natural hormones that help to return your hormone balance to the protective levels found in younger men and women.

### **Q. How do I know if I'm a candidate for pellets?**

A. Symptoms may vary widely from depression and anxiety to night sweats and sleeplessness for example. The blood work you are having done will help to determine your hormone levels. After our provider reviews your labs and determines that you are a candidate, we will schedule a consultation and pellet insertion appointment.

### **Q. Do I have blood work done before each Treatment?**

A. No, only initially and 5-6 weeks later to set your dosing. Sometimes we need to draw labs again to help us evaluate changes based on how your body metabolizes.

### **Q. What are the pellets made from?**

A. They are made from wild yams and soy. Wild yams and soy have the highest concentration of hormones of any substance. There are no known allergens associated with wild yams and soy, because once the hormone is made it is no longer yam or soy. We used Pellets sourced only with Wild Yams because it creates the highest quality.

### **Q. How long will the treatment last?**

A. Every 3-6 months depending on the person. Everyone is different so it depends on how you feel and what the doctor determines is right for you. If you are really active, you are under a lot of stress or it is extremely hot your treatment may not last as long. Absorption rate is based on cardiac output.

### **Q. Is the therapy FDA approved?**

A. What the pellets are made of is FDA approved and regulated, the process of making pellets is regulated by the State Pharmacy Board, and the distribution is regulated by the DEA and Respective State Pharmacy Boards. The PROCEDURE of placing pellets is NOT an FDA approved procedure. The pellets are derived from wild yams and soy, and are all natural and bio-identical. Meaning they are the exact replication of what the body makes.

**Q. How are they administered?**

A. Your provider will implant the pellets in the fat under the skin of the hip or flank. After using lidocaine to numb the area, a small incision is made and the pellets are inserted using a special medical device.

**Q. Does it matter if I'm on birth control?**

A. No, your provider can determine what your hormone needs are even if you are on birth control.

**Q. Are there any side effects?**

A. The majority of side effects are temporary and typically only happens on the first dose. All are very treatable. There are no serious side effects.

**Q. What if I'm already on HRT of some sort like creams, patches, pills?**

A. No problem, this is an easy transition. We will be able to determine your needs even though you may be currently taking these other forms of HRT.

**Q. What if I've had breast cancer?**

A. Breast cancer survivors and/or those who have a history of breast cancer in their family may still be a candidate; however, this is to be determined by the physician. You should schedule a consultation with our practitioner.

**Medical Aesthetics & Wellness**

753 Chestnut Street  
Manchester NH 03104  
603-206-5804  
[www.alchemyclinic.com](http://www.alchemyclinic.com)



