



EVERYTHING You Ever Wanted to Know About ...

Bio-identical Hormone Replacement Therapy with Pellet Implants

About EVEXIAS® Medical Centers

Terri DeNeui, MSN, APRN-BC, founded EVEXIAS® Medical Centers in 2009 after becoming disenchanted with the traditional sick care approach of Western medicine. She knew band-aiding symptoms with prescription drugs wasn't helping people achieve their health and wellness goals.

With EVEXIAS, Terri launched a wellness revolution that focuses on preventing disease while helping patients get well, stay well and look their very best.

Early on, Terri discovered that bio-identical hormone replacement via pellet therapy produced far superior outcomes than traditional hormone replacement modalities – which patients found life changing.

Today, Terri and her experienced team of practitioners and aestheticians provide a host of science-based health and wellness solutions at EVEXIAS® Medical Centers locations in Southlake and Rockwall, Texas.

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EVEXIAS is a Greek word meaning “much wellness” or “exuberance about wellness.”

What is bio-identical hormone replacement therapy?

Bio-identical hormone replacement therapy is a natural alternative to synthetic hormone replacement therapies. With bio-identical hormones, the structure of the hormone – testosterone, estrogen or both – is perfectly matched to the individual patient’s body. Bio-identical hormones are natural, plant-based substances that metabolize in our bodies the way nature intended them to.

Synthetic hormones are mass-produced and derived either from horse hormones or artificially formulated (synthetic) hormones. Artificial hormones are intentionally manufactured to be slightly different than natural human hormones, so the manufacturer can patent the formulation.

Consequently, synthetic hormones do not provide a perfect fit or optimum outcome for the human body like bio-identical hormones do. Even worse, some patients experience devastating health issues, such as stroke, breast cancer, cardiovascular disease and others.

What are bio-identical hormone pellets, and how do they work?

Composed of either estradiol or testosterone, bio-identical hormone pellets are larger than a grain of rice and smaller than a Tic Tac. We source our pellets from compounding pharmacists in the U.S. who press or fuse the hormones into the tiny, solid cylinders.

During the procedure, the practitioner applies a local anesthetic, makes a small incision, then inserts the pellets into fatty tissue under the skin – typically in the lower abdominal wall or upper buttocks. The incision is then taped closed.

The pellets release testosterone or estrogen into the bloodstream based on cardiac output, in other words, due to physical activity or emotional stress (good or bad). This steady stream of hormones helps keep mood and energy fluctuations at bay.

Pellets have been used to treat hormone imbalance since the 1930s. In addition, research consistently shows bio-identical hormone replacement therapy with pellet implants is the most effective method to deliver hormones in both men and women.

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Even if you don't have symptoms, imbalanced hormones may be threatening your health

It's important to note that many patients with low testosterone or estrogen don't experience the common symptoms related to hormone imbalance. They may believe they don't need bio-identical hormone replacement therapy, since they generally feel well and their energy levels are up. Unfortunately, this can be a dangerous assumption.

While bio-identical hormone replacement therapy via pellets effectively treats symptoms related to low testosterone and estrogen levels, hormone optimization also plays a key role in *preventing* diseases such as osteoporosis, cardiovascular disease, Alzheimer's disease, certain cancers and others.

Who can benefit from bio-identical hormone replacement therapy via pellets and how?

As we age, testosterone, estrogen and progesterone naturally decline over time. Around age 35, men experience a gradual reduction in testosterone, typically 2 to 10 percent per year. For women, pre-menopause may start as early as in the 30s. In fact hormone imbalance kicks in long before hot flashes do – by 10 to 15 years!

Listen to your body. Is it saying, "I feel a bit off?" In other words, are you like many men and women in their 30s, 40s and beyond who ...

- Lack motivation and feel more tired than usual.
- Gain weight for no reason – not to mention belly fat!
- Experience mood swings more frequently.
- Feel anxious and depressed.
- Struggle with brain fog and insomnia.
- Wonder why their sexual desire and libido have tapered off.

If these symptoms sound familiar, you are probably a good candidate for subcutaneous hormone pellet implants. So, how can you find out for sure? Speak with a health care professional who specializes in bio-identical hormone replacement therapy via pellet implants.

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Getting to the root of the problem

Unfortunately, most traditional medical practices don't take the time to find out WHY you don't feel like yourself anymore. Instead, they keep writing prescriptions for antidepressants, anti-anxiety medication, sleeping pills and other drugs that simply mask symptoms.

At EVEXIAS®, we get to the root of the problem to uncover WHY our patients feel off. More often than not, hormone imbalance is to blame. From there, we can customize a solution specifically for the individual patient.

"Many patients come to us with symptoms of depression, anxiety, insomnia and mood swings. We focus on identifying the root cause – typically hormone imbalance – instead of band-aiding those symptoms with medication."

– Terri DeNeui, MSN, APRN,-BC, DNPs

Common symptoms of hormone imbalance for MEN

Do you suffer from these symptoms of low testosterone?

If your get up and go – in the bedroom or the boardroom – got up and went, or you are struggling to maintain your youthful vigor and appearance, low testosterone may be to blame. Low testosterone in men can lead to:

- Fatigue, lethargy and lack of motivation.
- Mood swings, anxiety and depression.
- Inability to focus and remember things.
- Insomnia.
- Stubborn weight gain, belly fat and food cravings.
- Frequent illnesses.
- Hair loss.
- Saggy, dry, aging skin.
- Aches, joint pain and longer recovery time from injuries.
- Loss of libido and inability to achieve or maintain an erection.

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Common symptoms of hormone imbalance for WOMEN

Do you suffer from these common symptoms related to female hormone imbalance?

As a woman ages, hormone imbalance can wreak havoc on both her physical and emotional well-being. Low estrogen, testosterone and progesterone can lead to:

- Fatigue, lethargy and lack of motivation.
- Inability to focus and remember things.
- Mood swings, anxiety and depression
- Insomnia and night sweats.
- Stubborn weight gain, belly fat and food cravings.
- Frequent illnesses.
- Muscle loss and weakness.
- Hair loss.
- Saggy, dry, aging skin
- Aches, joint pain and longer recover time from injuries.
- Loss of libido, difficulty achieving arousal and orgasm.
- Vaginal dryness.

*“The presence of depression and other mood disturbances in women is a widespread, worldwide phenomenon, crossing cultural and ethnic lines with a lifetime prevalence of up to 23 percent.”**

– Terri DeNeui, MSN, APRN,-BC, DNPs

* Gyllstrom, M. E., Schreiner, P. J., & Harlow, B. L. (2007). Perimenopause and depression: strength of association, causal mechanisms and treatment recommendations. *Best Practice & Research Clinical Obstetrics & Gynaecology*, 21(2), 275-292.

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Bio-identical hormone replacement therapy FAQs

How do other bio-identical hormone replacement therapy options – creams, patches, pills and injections – compare to pellets?

Research consistently shows pellet implants offer the most effective method to deliver hormones in both men and women. Implanted in the fatty tissue under the skin, pellets release a constant stream of hormones into the body, 24/7/365, mimicking the way the body naturally releases hormones.

Convenience is also a big factor. With pellets, you undergo the procedure two or three times a year and get on with your life. Other modalities, like pills and messy creams, need to be used daily. Patches work a bit better, but the absorption of skin-based delivery methods is variable. Plus, we often lose sensitivity over time, which means you will regularly need to find a new spot to apply the cream or adhere the patch.

What else should I expect with bio-identical hormone replacement therapy with pellet implants (frequency of visits, discomfort, downtime, etc.)?

On average, pellet implants last 5 to 6 months in men (two visits per year) and 4 to 5 months in women (three visits per year). Since you receive a topical anesthetic during the procedure, most patients experience little to no discomfort during or after the procedure.

Although most people experience substantial benefits after the first round of therapy, some people experience a more pronounced benefit after the second round of pellet implants. Therefore, we advise patients to give the therapy at least two rounds before expecting optimum results. Remember, we don't get out of balance overnight, so it often takes a few months to get back on track.

We do ask that you take it easy and avoid strenuous exercise for a few days following the procedure – 72 hours for women and 5 to 7 days for men. This helps ensure the incision heals and can prevent extrusion of the pellet from under the skin.



How soon will I feel the effects of my bio-identical hormone replacement therapy via pellets?

Most female patients begin to “feel better” within 48 to 72 hours, though it may take a week or two for some women to notice a difference. Men can expect to experience the benefits of their pellet implants within 1 to 2 weeks. To achieve optimal health, living a healthy lifestyle – balanced diet and regular exercise – goes hand-in-hand with hormone balance. We can show you how!

Will insurance cover my bio-identical hormone replacement therapy with pellet implants?

Many – but not all – insurance companies reimburse EVEXIAS® patients for bio-identical hormone replacement therapy via pellets. We will provide you with all the paperwork you need to file for reimbursement.

How long can I expect to be on bio-identical hormone replacement therapy?

We treat patients of all ages – as young as the 20s and into the 90s – so there is no firm answer. Instead, it’s a matter of personal preference. Ask yourself how long you want to look and feel your best and experience a higher quality of life. That’s how long you should be on bio-identical hormone replacement therapy.

How will EVEXIAS® determine whether I’m a good candidate for bio-identical hormone replacement therapy with pellet implants?

During your initial consultation with us, we will discuss your health and wellness goals and conduct a thorough medical exam and tests to determine the root cause of the health problems you are experiencing.

If your hormone levels are low or we identify other health issues, we will customize a treatment plan based on what your exam and tests reveal, along with insight (health and family history, symptoms, etc.) you provide regarding your health.

I no longer have hot flashes, do I still need bio-identical hormone replacement therapy?

Research repeatedly links hormone imbalance to an increased risk for cancer, osteoporosis, stroke, thyroid disorders, diabetes, heart disease and other age-related disease processes.

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During pre-menopause, menopause and andropause (the male version of hormone depletion), declining health is considered the norm. But feeling poorly doesn't need to be the norm, thanks to bio-identical hormone replacement therapy with pellet implants.

I've heard about estrogen and progesterone, but do women need testosterone, too?

Estrogen loss puts women at risk for premature ovary failure, osteoporosis, heart disease, colon cancer, Alzheimer's disease, tooth loss, impaired vision, Parkinson's disease and diabetes. These risks increase the longer a woman suffers from estrogen deficiency.

However, women also need testosterone! Low testosterone in women can compromise mental clarity, libido and muscle tone and mass. The brain needs testosterone in balance with estrogen to produce serotonin, which supports emotional balance.

Can bio-identical hormone replacement therapy help me lose weight?

Bio-identical hormone replacement therapy is NOT a magic bullet for losing weight, however when hormones are optimized, your weight loss efforts typically begin to pay off. You still need to eat a balanced diet and exercise.

What bio-identical hormone replacement therapy *DOES* do is increase energy, improve quality of sleep, increase muscle mass and fat burning and decrease cortisol (which causes belly fat and type 2 diabetes). So, those stubborn 5 or 10 lbs. you've been battling? That's where the weight loss benefits of bio-identical hormone replacement therapy shine through.

Can bio-identical hormone replacement therapy help me get my sex life back on track?

Hormone imbalance and "Low T" are by far the most common causes of sexual dysfunction in men and women. By balancing hormone levels with pellet therapy, most patients can expect a return of or significant improvement to their sexual libido and function.



Can bio-identical hormone replacement therapy help me look younger?

Testosterone contributes to healthy skin by aiding oil production, which allows skin to hold on to moisture. Skin can become dry, crêpey and dull when testosterone is low. In addition, testosterone is a natural blood vessel dilator, which facilitates blood flow to the skin. These two factors – moisture and blood flow – contribute to the dewy, rosy, vibrant complexion associated with youth.

For women, estrogen and collagen go hand-in-hand. Collagen naturally plumps the skin, so when estrogen declines, wrinkles and saggy skin result. Prevention is key, so optimizing hormones as early as possible is essential to maintaining healthy, younger-looking skin.

What other treatments should I consider to complement bio-identical hormone replacement therapy via pellets?

Testosterone and estrogen can be supplemented in the form of pellets, but other hormones may be out of whack, too. Many of our patients also benefit from progesterone and thyroid optimization.

We may also recommend nutritional support in the form of supplements or IV therapy. Some patients also turn to us for our weight loss programs and aesthetic services for the skin and body. Ask your EVEXIAS® practitioner for details.

Are there risks or side effects from bio-identical hormone replacement therapy with pellet implants?

Complications from the insertion of pellets may include: minor bleeding or bruising; discoloration of the skin; infection; and possible extrusion of the pellet. Other than slight bruising and skin discoloration, these complications are very rare.

The most common side effects are increased hair growth and possible skin breakouts with the first round of therapy, because the body is getting used to increased oil production in the skin. We often recommend patients change their skin care regimen from heavy anti-aging products to lighter, oil-free skin care lines. Side effects can be ameliorated with decreasing doses on subsequent rounds of therapy.

It's important to note that pellets don't come with the extreme risks of synthetic hormones, which have been linked to breast cancer, cardiovascular disease, osteoporosis and even Alzheimer's disease in some patients.

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What health conditions would rule out a patient from getting bio-identical hormone replacement therapy via pellets?

Essentially, there are no health conditions that exclude a person from undergoing bio-identical hormone replacement therapy with pellet implants. The majority of people with hormone deficiency are great candidates for the therapy.

However, EVEXIAS® does take an individualized approach based on the patient's medical history. We do modify our approach to bio-identical hormone replacement therapy for patients who are estrogen-positive breast cancer survivors and prostate cancer survivors.

Why should I choose EVEXIAS® Medical Centers as my BHRT provider?

Our founder, Terri DeNeui, MSN, APRN-BC, is a nationally known speaker, author and board certified nurse practitioner. She has trained hundreds of practitioners in the science, discovery and clinical processes pertaining to bio-identical hormone replacement therapy via pellet implants.

Terri and her team of caring, certified practitioners have performed thousands of bio-identical hormone replacement pellet implant procedures. Thousands. Traditional health practitioners may handle pellet implant patients a handful of times each month.

Bio-identical hormone replacement pellet therapy should not be a one-size-fits-all solution! At EVEXIAS®, we know the ins and outs of pellet therapy, and we take a customized approach to caring for you.

We can assure you that your unique health and wellness goals will be the No. 1 factor that drives the one-of-a-kind treatment plan we prescribe for you.

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Next steps

Ready to feel like your younger, healthier self again? Let's talk!

To take the next step, contact us to schedule a confidential consultation with our medical team.

- Give us a call at **817.328.8376**
- Visit our website – www.EvexiasMedical.com – to schedule an appointment online.

Need more information? On the home page of our website you will find:

- A link to a short webinar that explains the history of pellet therapy and answers many of the common questions patients ask us about bio-identical hormone replacement therapy.
- A handy “See If You’re a Candidate” tool.
- Our blog with the latest insight on health, wellness and bio-identical hormone replacement therapy.

Here's to YOUR health and wellness!

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