

BIO-BALANCE FOR WOMEN OF ST. LOUIS, LLC

10806 Olive Boulevard
Creve Coeur, MO 63141
(314) 993-0963

4400 Broadway, Suite 306
Kansas City, MO 64111
(816) 753-6552

Female Estradiol & Testosterone Pellet Insertion Consent

Patient: _____ Date: _____
Address: _____ DOB: _____

Bio-Identical hormone pellets are concentrated hormones, biologically identical to the hormones you make in your own body prior to menopause. Estrogen and testosterone were made in your ovaries and adrenal gland prior to menopause. Bio-identical hormones have the same effects on your body as your own estrogen and testosterone did when you were younger, without the monthly fluctuations (ups and downs) of menstrual cycles.

Bio-identical hormone pellets are made from plants and are **FDA monitored but not approved** for female hormonal replacement. The pellet method of hormone replacement has been used in Europe and Canada for many years and by select OB/GYNs in the United States. You will have similar risks as you had prior to menopause, from the effects of estrogen and androgens, given as pellets. **Studies done in Canada and Europe find Pellet therapy to be safer than traditional oral hormone therapy.**

FYI: The WHI study on hormone replacement therapy that was reported first in 2002 had many flaws in the study (only studied Premarin {horse estrogen} and Provera {a synthetic type of progestin} and had findings that are not consistent with the last 1,500 studies done on HRT. The WHI study is not applicable to treatment with bio-identical hormone replacement with pellets.

Hormone pellet therapy is usually suggested for you after traditional methods for replacement have failed. Some patients choose bio-identical hormone pellets because they resemble women's pre-menopausal hormones and therefore have a more natural effect.

Patients who are not sterilized and not menopausal are advised to continue reliable birth control while participating in pellet hormonal replacement therapy. Testosterone is category X (will cause birth defects) and cannot be given to pregnant women. YOU MUST BE STERILIZED OR USE EFFECTIVE BIRTH CONTROL TO USE HORMONAL PELLETS!

My birth control method is: (please circle)

Abstinence Birth control pill Hysterectomy IUD
Menopause Tubal ligation Vasectomy Other _____

Consent for Treatment:

I consent to the insertion of hormone pellets in my hip. I have been informed that I *may* experience one or more of the complications listed below. These side effects are similar to those related to traditional estrogen replacement. The surgical risks are the same as for any minor medical procedure.

Risks of Estrogen and Testosterone Pellet Insertion:

- Bleeding, infection and pain at the insertion site
- Lack of effect (from lack of absorption)
- Breast tenderness and swelling especially in the first three weeks (estrogen pellets only)
- Increase in hair growth on the face, similar to pre-menopausal patterns
- Water retention (estrogen only)
- Increased growth of estrogen dependent tumors (endometrial cancer, breast cancer)
- Birth defects in babies exposed to testosterone during their gestation
- Blood clots (phlebitis)
- Growth of liver tumors, if already present
- Change in voice—which is reversible
- Clitoral enlargement—which is reversible
- Acne

Benefits that have been explained to me include:

- Increased libido, energy, and sense of well-being
- Decreased frequency and severity of hormonal migraine headaches
- Decrease in mood swings, anxiety & irritability (secondary to hormonal decreases)
- Increase in muscle mass and decrease in subcutaneous fat (cellulite)
- Improvement in balance
- Decreased central obesity
- Improved dry eyes
- Possible improvement in arthritis and fibromyalgia

My signature below certifies I have read the above and acknowledge I have been encouraged to ask any questions regarding testosterone/and estrogen pellets and all of my questions have been answered to my satisfaction. I also acknowledge that the risks and benefits of this treatment have been explained to me. I accept these risks and benefits by signing below. I have been informed that hormone pellets are FDA monitored but not approved for women.

Signature: _____ Date _____

This consent is ongoing for present and future treatment.