

Frequently Asked Questions

1. *How often will I need pellets?*

Usually every 3-6 months.

2. *Will my periods be the same?*

Possibly but as hormones become more in the range of pre-menopause, periods may recur. If they appear after a year of menopause, we will order an ultrasound to make sure the lining of your uterus looks normal.

3. *Are there any side effects and/or complications?*

Unlike other forms of hormone therapy, there are fewer side effects than traditional therapy.

4. *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.

5. *I get horrible headaches—will they help me?*

Yes! We have had great success, especially with women who have menstrual migraines, and new migraines that appear after age 35.

6. *Do I need to take other medication?*

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

7. *Why do I need estrogen?*

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

8. *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 our bone density, muscle mass, strength, and prevents some types of depression. It is also the source of our energy and solid sleep!

9. *Will I grow unwanted hair from testosterone?*

There is less chance of excess hair growth with natural testosterone than with synthetic hormones. Facial hair will grow with testosterone pellets but normally not worse than when you were in your thirties.

10. *I have no libido—what will this do for that, if anything?*

Good hormone balance will greatly improve your libido but the addition of testosterone in pellet form will change everything for the better!