

HEALTH TIPS FROM **DR. A**



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The field of hormone replacement has evolved a great deal in recent years, with new choices for type and dosage emerging. Men and women may find that their hormonal imbalance would best be managed with pellet hormone therapy. Compared to the daily use of creams or ingestion of pills or even patches, pellets seem to offer a host of benefits. The various advantages and positive results that come from pellet hormone therapy stem from the consistency in blood levels achieved with this dosage form. By evaluating specific laboratory results determines the amount of testosterone and estradiol (a form of estrogen) that are needed. Tiny pellets of the necessary hormones, about the size of a grain of rice are produced from safe plant source hormones which are bio-identical and from Brazilian yams and/or soy.

The beauty of pellet hormone therapy is that the body draws hormones from pellets as needed; minimizing the risk of side effects such as mood swings. As testosterone and estradiol are gradually absorbed by the body, blood levels rise to amounts that are more reliable. Pellets are not only convenient and reliable they are also most effective at mimicking natural physiologic levels of estrone and estradiol, two types of estrogen produced in the ovaries. The addition of testosterone may seem unnecessary, but women need this hormone as well in order to feel their best. The key is identifying and achieving the balance between male and female hormones, and maintaining them with proper follow up.

A few months after the insertion of pellets, new blood work will be used ascertain blood levels of hormones. Evaluation of these levels will guide in tailoring future dosing and the timing of the next pellets.

Hormone replacement has helped millions of men and women regain vitality and quality of life by increasing your libido, accelerating fat burning offering greater capacity for weight loss, replenishing your energy giving you more strength throughout the day, increasing your mental clarity and focus, increase the skin's elasticity, guard bones from osteoporosis and encourage bone growth, improve blood flow, reduce sleep disturbances, reduce the risk of heart disease, reduce mood swings and irritability, help reduce depression and enhance your overall quality of life. Dr. Kenneth Andronico has extensive training in hormonal balancing, metabolic and nutritional medicine as well as stress disorders. To learn more about pellet hormone therapy, schedule your visit at RejuvaMed by calling (813) 907-0950.

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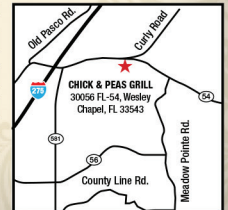
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