

# AGE MANAGEMENT HORMONE PROTOCOL

## BULLETED LIST

### OVERVIEW

1. Complete health intake form
2. Appointment scheduled for intake form review to assess hormone deficiency symptoms, perform examination and blood draw
3. Second appointment in one week to review lab tests, develop personal hormone optimization protocol, decision to participate
4. Six month commitment required

### PURPOSE

1. Bioidentical hormones are synthetically produced hormones with the identical biochemical structure as those hormones produced by our own endocrine glands
2. Optimization protocols restore hormone levels to those of younger years
3. Scientific studies demonstrate a reduction in age related changes, increased levels of energy and physical stamina, improved sexual function, improved mood, improvement in bone mineralization, and a reduction in the risk of breast cancer, cardiovascular disease, and a reduction in the risk of many degenerative diseases including Alzheimer's Disease
4. *Non-bioidentical* hormones have been proven to increase the risk of breast cancer and cardiovascular disease.

### PROTOCOLS

1. Most all bioidentical hormones are available at local pharmacies, otherwise compounded hormones may be utilized
2. Two months of hormones are initially dispensed, with the option of follow-up blood work in four or eight weeks after beginning the program
3. Dosage adjustments are then made following symptom review and assessment of blood test results
4. One or two additional blood tests are generally necessary over the six months to optimize hormone levels
5. Additional time may be required, especially for women

## COSTS

1. Blood tests and bioidentical hormones are covered through one's health insurance in the same manner as prescriptions are dispensed through one's primary care physician
2. Initial consultation is \$250, no insurances are billed
3. The initial six month fee is \$1,500 paid at the second appointment, less the \$250 initial consultation fee
4. Super bills will be provided over the coming six months to cover the full \$1,500
5. Reimbursement for these fees will be at the level allowed by the patient's health insurer for out of network providers
6. Once optimization is achieved in six to twelve months, maintenance fees can commonly be reduced



**Wondering if this program is right for you?**

Simply schedule your initial consultation.

**Call: 360-651-8343**