

# Feel like yourself with HRT

Bioidentical vs. Synthetic Hormones: What You Need to Know

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## *What's the Difference*

### **Bioidentical hormones:**

- Identical to what your body naturally produces
- Easier for your body to recognize and use
- More predictable symptom relief

### **Synthetic hormones (common with insurance):**

- Not an exact match to your body
  - Can be processed differently
  - Less consistent results
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## *Hormone Type Matters (Not Just Delivery)*

### **Pellet therapy (bioidentical):**

- Matches your body's natural hormones
- Steady, consistent symptom relief
- More natural response

### **Pills & patches (often synthetic):**

- Designed for standardization
  - May not fully relieve symptoms
  - Many patients still don't feel like themselves
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## *Same Name ≠ Same Hormone*

### **Even if labeled "estrogen" or "progesterone":**

- Structure may not match your body
  - Bioidentical hormones are recognized immediately
  - Better absorption + more predictable results
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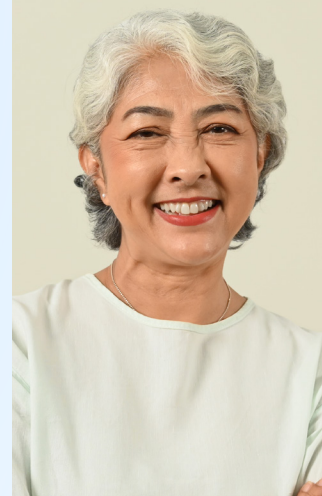
## *Insurance ≠ Optimization*

### **Covered therapies:**

- Designed for standard use
- Not personalized

### **Pellet therapy:**

- Focuses on how you feel
- Optimized for your body
- Designed for real symptom relief



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# Hormone Optimization Consult Guide

**Step 1:** Check any symptoms you are experiencing under each hormone column.

**Step 2:** Review the benefits of optimizing each hormone.

ESTROGEN	PROGESTERONE	TESTOSTERONE
<p><b>Symptoms:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Hot flashes</li> <li><input type="checkbox"/> Night sweats</li> <li><input type="checkbox"/> Vaginal dryness</li> <li><input type="checkbox"/> Brain fog</li> <li><input type="checkbox"/> Skin aging</li> <li><input type="checkbox"/> Sleep disruption</li> </ul> <p><b>Benefits:</b></p> <ul style="list-style-type: none"> <li>• Improves hot flashes &amp; sleep</li> <li>• Supports skin &amp; vaginal health</li> <li>• Helps cognitive function</li> </ul>	<p><b>Symptoms:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Poor sleep</li> <li><input type="checkbox"/> Anxiety</li> <li><input type="checkbox"/> Irritability</li> <li><input type="checkbox"/> Mood swings</li> <li><input type="checkbox"/> Feeling on edge</li> </ul> <p><b>Benefits:</b></p> <ul style="list-style-type: none"> <li>• Improves sleep quality</li> <li>• Reduces anxiety &amp; irritability</li> <li>• Promotes calm, balanced mood</li> </ul>	<p><b>Symptoms:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Low libido</li> <li><input type="checkbox"/> Fatigue</li> <li><input type="checkbox"/> Weight gain</li> <li><input type="checkbox"/> Loss of muscle</li> <li><input type="checkbox"/> Low motivation</li> <li><input type="checkbox"/> Depression</li> <li><input type="checkbox"/> Low confidence</li> </ul> <p><b>Benefits:</b></p> <ul style="list-style-type: none"> <li>• Increases energy &amp; motivation</li> <li>• Improves libido &amp; sexual health</li> <li>• Supports muscle &amp; metabolism</li> <li>• Enhances mood &amp; confidence</li> </ul>

## What Does This Mean?

If you checked multiple symptoms in a column, that hormone may not be optimized. Testosterone is often the missing piece in traditional therapy.

## Why Pellet Therapy?

Pellet therapy provides steady hormone levels over 3 months, helping you feel more consistent compared to creams, patches, or pills.

Estrogen	
Progesterone	
Testosterone	
Pellet Therapy (every 3-4 months)	
<b>Notes / Goals</b>	

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# Hormone Therapy Option: Choosing What Works Best

Not all hormone therapies deliver the same results. This comparison helps explain why **pellet therapy** is often preferred for consistency, complete hormone optimization.

<p>✓ <b>Hormone Levels</b></p> <p><i>Pellet Therapy</i></p> <p>Stable 24/7, consistent levels with no crashes</p>	<p><b>X</b></p> <p><b>Pills (oral)</b></p> <p>High peaks with drops throughout the day</p>	<p><b>X</b></p> <p><b>Patches/Creams</b></p> <p>High peaks with drops throughout the day</p>
<p>✓ <b>Symptom Control</b></p> <p>Most complete relief (energy, mood, sleep, libido)</p>	<p><b>X</b></p> <p><b>Pills (oral)</b></p> <p>Partial relief, symptoms often persist</p>	<p><b>X</b></p> <p><b>Patches/Creams</b></p> <p>Inconsistent results</p>
<p>✓ <b>Testosterone</b></p> <p>Included/optimized (key woman's hormone)</p>	<p><b>X</b></p> <p><b>Pills (oral)</b></p> <p>Typically not included</p>	<p><b>X</b></p> <p><b>Patches/Creams</b></p> <p>Rarely included</p>
<p>✓ <b>Convenience</b></p> <p>Every 3-4 months</p> <p><b>Absorption</b> Direct to bloodstream</p> <p><b>Compliance</b> No daily effort</p> <p><b>Side Effects</b> Steady levels reduce risk</p> <p><b>Customization</b> Unique to patient</p>	<p><b>X</b></p> <p>Daily pills</p> <p>Processed through liver</p> <p>Easy to forget doses</p> <p>Fluctuations cause higher risk</p> <p>Standard dosing</p>	<p><b>X</b></p> <p>Daily/weekly application</p> <p>Dependent on skin absorption</p> <p>Application errors</p> <p>Skin irritation and uneven dosing</p> <p>Limited adjustability</p>

