

# Are Bioidentical Hormone Replacement Pellets Right For You?

## What are pellets?

Sterile pellets are a small, cylindrical form of compounded medication prepared using bioidentical hormones. They are used to treat hormone deficiencies and imbalances in both men and women. The pellet is only about the size of a grain of rice and is implanted below the skin in the gluteal or abdominal area during a simple office procedure. The area is numbed using a local anesthetic and a tiny incision is made through which the pellet is inserted using a trocar. Once it is in place, a sterile strip is used to close the incision and covered with an adhesive bandage. Over the course of three to four months, the pellet slowly dissolves as the body draws small, physiologic dosages of the hormone to maintain a more consistent delivery. Once it is dissolved, the procedure is repeated and a new pellet is inserted.



## What are pellets used for?

Pellets have been used as a safe, effective way to provide the body with hormones necessary for treatment of a wide variety of conditions. The doctor may prescribe sterile pellets for both men and women experiencing menopause or andropause, and with conditions such as:

- Testosterone deficiencies
- Menstrual headaches
- Low libido
- Erectile dysfunction
- Vaginal dryness
- Depression
- Urinary problems
- Incontinence
- Fatigue
- Weight gain
- Migraines

## Why use pellets?

One of the benefits of pellets is that pellets can be used to deliver hormones to the body that are both structurally and biologically identical to the body's own hormones. Bioidentical hormones such as estradiol (E2) and testosterone are the most commonly used ingredients. They are slowly released over a period of three to four months, allowing for more consistent delivery. Because the pellet is placed beneath the skin, once it is inserted, the body naturally does the rest. Patients do not have to remember to take a pill, apply a cream, or give an injection. Patients also do not have to worry about getting the pellet removed because it is safely dissolved by the body over time. Once it is dissolved, the next pellet can be inserted by the physician.

### What to ask your doctor about the pellets they're using.

- ❑ **Are pellets safe?** Your doctor should look for pellets that are created in dedicated facilities that comply with both USP <795> and <797> regulations and maintain DEA manufacturing licenses. Checking that thorough sterility testing is completed, including not only in-house testing, but also testing and verification through a third-party laboratory. The pharmacy should ensure that only the highest quality ingredients are used in preparing pellets and that expert pharmacist specializing in pellets are available to answer any questions regarding prescriptions.
- ❑ **How are pellets made?** For a more natural product, like the type that Wells Pharmacy specializes in, look for sterile implantable pellets that are created fusing together hormone powder and stearic acid without the use of chemical binders. These compressed pellets are about the size of a grain of rice and should be resistant to breakage and have a consistent color and texture for higher quality results that you and your doctor can be confident in.
- ❑ **How can I be sure that pellets are right for me?** Verify that the pellets come in a variety of strengths and compositions and that your doctor can prescribe the pellets for your specific needs. This further ensures that you are getting the proper dosage of each hormone for your condition. Confirm that all orders are verified once they are received for accuracy and completeness and go through extensive safety and sterility testing before leaving the facility. This will allow you to rest assured that the pellet you are receiving is compliant not only with high quality testing standards, but also prepared to meet your needs.
- ❑ **What if I need them immediately?** It can be hard to predict when you may need a prescription. To avoid delays in treatment, ensure your physician works with a company that offers overnight shipping for faster delivery of your medications.

Sterile implantable pellets are a safe, effective way to get the exact dosage of hormones your body needs for improved health and wellbeing. To find out more about how you could benefit from this specially compounded medication, talk to your doctor today or visit the Wells Pharmacy Network website: [www.wellsrx.com/sterile-pellets](http://www.wellsrx.com/sterile-pellets) for more information.

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