

## Hormone Replacement Pellets

... have been used in European countries, Australia and the United States for many years. They are a specially compounded product from plant, not animal sources. These plants contain substances that match exactly our human hormones, and are therefore called Bio-Identical.

Certain compounds found in soybeans and yams (not sweet potatoes!) can be extracted and formed by a Compounding Pharmacist into small, highly compressed pellets. All allergenic potential is removed by this process. Pellets are then sterilized in a dry storage capsule. They are prescribed by providers such as gynecologists, urologists, endocrinologists and reproductive endocrinologists.

Each person completes a self-questionnaire (see attached), has a physical examination and has labs ordered. At the initial visit, both patient and provider usually soon agree whether Hormone Pellets may be appropriate.

For women, an annual mammogram is a must, as well as yearly Pap testing. In this practice, systems are in place to follow any abnormal results. For men, an exam is also performed, to include a prostate exam, if indicated by the patients age.

Of particular interest is the help given to the younger patient, one who has lost reproductive organs due to surgery for conditions such as Endometriosis. These patients often are still in their 20's and 30's and could almost be referred to as in a "crash and burn" crisis. They enter into menopause suddenly with the removal of ovaries.

Hormone Replacement that might be effective for women/men in the fourth and fifth decades of life and beyond, seem inadequate to prevent severe symptoms and physical bodily deterioration. In these cases, Hormone Pellets will restore these patients hormonally to stabilize their post-surgical lives.

Laboratory results may be discussed per telephone and Pellets prescribed. The provider has specific knowledge of dosages needed, and places the order with our trusted Pharmacy. All pellets must be delivered directly to SIRE providers and are administered in the office setting. Local numbing agents are used, and most patients feel only pressure as pellets are inserted into the upper hip area. Alternatively, some patients may choose the lower abdominal area as a pellet insertion site.

Even though estrogen is the most common hormone recognized as “the one for women” many female patients improve greatly with the addition of testosterone. Regular re-evaluation and communication aids the development of the best dosages needed by a patient. Repeat labs are ordered on an annual basis.

Testosterone is ordered for male patients, of course in different dosages than for women. It is of importance to note that oral tablets (of testosterone) are not given because of potential liver damage. Testosterone pellets do not cause liver problems.

Through the months and years, patients not only see bothersome symptoms disappear, but see an increase in general well-being. Feelings of depressed mood, low libido and lack of interest in life all improve. Of course, no type of Hormonal Replacement can substitute for any needed care by a patients’ Primary Care Physician or Provider.

Augusta, Georgia is considered by many to be the base of Hormone Pellet use. We were very fortunate to have had Professor Emeritus, Dr. Robert Greenblatt, of the Medical College of Georgia use Pellets in the 1960’s and 1970’s. These very early applications were used to treat Endocrine disorders, to include female (and male) growth issues, birth control, and PMS in females as well as osteoporosis, or bone loss treatment. Treatment of menopause was also studied.

Dr. Edouard J. Servy worked with Dr. Greenblatt and saw firsthand the exciting possibilities associated with Hormone pellets. Since founding his medical practice in 1972, Dr. Servy has offered this specialty treatment to his patients. Many of our patients come to us through referrals from family and friends. We value all of our patients and work to be responsive to their needs.

Please see a partial listing of some medical articles regarding Hormone Pellet Therapy. Also attached are two research papers by Victor A. Soto Velazquez, Fourth Year Medical Student.

“The use of Implantable Hormone Pellets in Perimenopausal and Postmenopausal Woman.”

and Briana Di Silvio, Clerkship Intern, “Subcutaneous estradiol implants: An efficacious, safe and underutilized method of estrogen replacement therapy in the post-menopausal woman”.

SEE ATTACHMENTS: Self Questionnaires for patients

**SERVY INSTITUTE FOR REPRODUCTIVE ENDOCRINOLOGY**

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**HORMONE EVALUATION QUESTIONNAIRE FOR WOMEN**

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Number of Deliveries: \_\_\_\_\_ Age of youngest child: \_\_\_\_\_

Are you still having monthly cycles? \_\_\_\_\_ LMP: \_\_\_\_\_

Have you taken any hormone supplement? \_\_\_\_\_

If yes, please describe what type: \_\_\_\_\_

Please check any symptom that you have experienced:

Headaches		Painful Intercourse	
Hot Flashes		Loss of Urine	
Cold Sweats		Painful Urination	
Depression		Heart Palpitations	
Irritability		Joint Pain	
Anxiety		Acne/Skin Problems	
Fatigue		Sleep Problems	
Lack of Memory		Scalp Hair Loss	
Breast Secretions		Swelling	
Excess of Hair		Breast Pain	
Lack of Sex Drive		Frequent Urination	
Vaginal Dryness		Pelvic Relaxation	
Pelvic Discomfort		Pelvic Pain	

How long have you had these symptoms? \_\_\_\_\_ Do you have ovaries? \_\_\_\_\_

Have you had a hysterectomy? \_\_\_\_\_ If yes, when and why? \_\_\_\_\_

Comments: \_\_\_\_\_

Date: \_\_\_\_\_

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**HORMONE EVALUATION QUESTIONNAIRE FOR MEN**

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Please check any symptoms that you feel apply to you and your current physical, mental, and emotional health status:

Headaches		Lower Backache	
Hot Flashes		Lack of Sex Drive	
Night Sweats		Erectile Dysfunction	
Depression		Heart Palpitations	
Irritability		Joint Pain	
Anxiety		Acne	
Fatigue		Sleep Problems	
Lack of Memory		Scalp Hair Loss	
Loss of Facial or Body Hair		Loss of Muscle Strength	

How long have you had these symptoms? \_\_\_\_\_

Have you had any surgery of the testicles or prostate? \_\_\_\_\_

Comments: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Date: \_\_\_\_\_