

FEMALE ESTRADIOL/TESTOSTERONE ACKNOWLEDGMENT INSERTION FORM

I, _____ have been told that hormone replacement therapy by pellet implantation has been used with great success in the United States, Europe and Australia since 1938. It is **not** experimental. Pellets deliver **consistent** physiologic levels of hormones and avoid the fluctuations of hormone levels seen with other methods of delivery.

I, _____ realize this is not the usual and customary means of hormone replacement. I also realize the only FDA approved use of testosterone for women is to treat metastatic breast cancer. I have been told that I may have Bio-Identical hormonal testosterone inserted under my skin to achieve a steady delivery of natural testosterone hormone in my blood system. I realize that testosterone may increase my energy, my libido and increase my sense of well-being. I may also see testosterone decreasing the frequency and severity of my headaches. I have been told that I may have Bio-Identical hormone estradiol inserted under my skin to also achieve a steady state of estradiol in my body. I realize that estradiol can eliminate my mood swings, anxiety and irritability. I realize estrogen may increase the growth of existing breast or ovarian cancer and I am responsible to obtain annual pelvic exams and pap smears with my primary care provider.

I realize in the past athletes have abused testosterone. When they took huge quantities of synthetic testosterone, they may have incurred heart problems and elevated cholesterol. However, low-dose, non-oral, natural testosterone that is used in Bio-Identical hormonal therapy has not been associated with these problems. In a rare number of patients, the body will convert testosterone to DHT which can cause acne or hair loss. I also realize the estradiol dosage that I receive can aggravate uterine abnormalities, if they exist, and cause bleeding.

Side effects are rare but may include: breast tenderness for 7-10 days after insertion, uterine spotting and slight weight gain from muscle growth. Facial hair growth, loss of hair and acne are rare as well.

My signature certifies that I have read the above and acknowledge I have been encouraged to ask any questions regarding Bio-Identical hormonal therapy. Individual results MAY vary.

PATIENT SIGNATURE: _____ DATE: _____