



New Patient *Education Guide*

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Quit “Symptom Solutions” for Holistic Health

Biologically Identical Hormone Replacement Therapy isn't just a “symptom solution” it is a holistic approach that addresses symptoms while also protecting your body's heart health, bone health, and brain health.

If your body is hormonally imbalanced it is not equipped to reap the full benefits of other holistic health practices such as healthy diet and exercise. Stubborn weight despite exercising? It might be time to look into your hormone levels and see if they are working against you.

Say goodbye to the one size fits all dosing; BHRT is individualized *just for you.*

BHRT Crash Course

Why Bio-Identical Hormone Replacement Therapy?

If you're new to BHRT pellet therapy, you may have a lot of questions. That's ok. We're here to help. Let's dive into answers to some of our most frequently asked questions.

What is BHRT?

Bioidentical hormone replacement therapy, or BHRT, is a form of hormone therapy that uses hormones that are structurally identical to those found within the human body.

What is pellet therapy?

Certified Providers receive training on BHRT in the form of subcutaneous pellets, using a proprietary technology pioneered by SottoPelle's founder Dr. Gino Tintera. Pellets contain your own customized levels of hormones, helping your body return to a more youthful hormone balance in women and men.

What concerns make someone a candidate for pellet therapy?

Symptoms vary from anxiety and brain fog to night sweats and mood swings. Many patients come in with a lack of energy and sleeplessness, while others have diminished sexual desire or reduced muscle mass.

What benefits do BHRT patients report?

The SottoPelle® Method uses biologically identical pellet hormones that work with your body's chemistry to distribute hormones and keep you in balance. Patients report that hormonal balance include increases their energy, improves their sleep quality, libido, mood, and reduces symptoms of menopause and andropause.

Why Pellets?

Why choose pellets over other forms of hormone therapy?

Pellets are the size of a grain of rice & inserted below the skin which ensures a consistent disbursement of hormones that match your level of activity. Patient's experience peaks and valleys when using other forms of hormone therapy.

What are the pellets made from?

They are made from bio-identical yams or soy, along with estradiol, testosterone, and a small amount of steric acid to bind everything together. Yams naturally have the highest concentration of hormones.

How long do pellets last?

Generally, patients go 3-6 months between treatments depending on factors like gender, lifestyle, and activity level. It depends how you feel and what your provider deems right for you. If you are extremely active, under a lot of stress, or live in a climate with extreme heat, treatments may be more frequent.

Are there potential side effects?

Side effects are rare. In women, slight breast tenderness may last 7-10 days with the first insertion, and you may notice some hair growth or acne if receiving testosterone therapy. Men may have a decreased sperm count, decreased testicular mass, and possible prostate enlargement.

What if I'm already on HRT like creams, patches, or pills?

It's an easy, and often beneficial, transition. Your provider can help you upgrade seamlessly.

What to Expect

What to Expect Before Your First Visit

Labs (Blood Draw)

Before your first consultation, we need to schedule a time to take your labs for a full hormone panel. Your provider will give you the lab panel.

New Patient Paperwork

Your your new patient paperwork to collect your symptoms questionnaire and medical history. This will provide critical information to your physician on what symptoms will be a baseline for treatment satisfaction or need for dosing adjustments and ensure there is nothing that would hinder treatment. Other documentation in your new patient paperwork will be outlined by the clinic.

Consultation

Once the lab panel is received by your physician, there will be a consultation that discusses what your lab values are, what those values mean, your history & symptoms, and if pellet therapy is the best fit for you. This consultation is designed to provide you will all the information for your treatment plan and get you set up for next steps.

Does insurance cover the procedure?

Inquire with your insurance carrier. Generally, they do not cover the full therapy for women. We have found that they may have it go towards your deductible or cover a minor portion of it. You can also confirm if your insurance provider will cover lab costs ahead of your treatment.

Pellet Insertion & Aftercare

How are the pellets inserted?

Pellets are inserted into the upper buttocks area during an in-office visit after lab testing is done to determine the exact dose of each hormone suitable for your body.

What is the insertion process?

During your in-office visit, the small hormone pellets are slipped painlessly under the skin, typically in the hip. A mild, local anesthetic is used, and the procedure takes less than five minutes. The insertion site is covered with a small water resistant bandage.

What restrictions are recommended the week after insertion?

After pellet insertion, it's best to abstain from lower body exercise. Strenuous activity is not recommended. Avoid bathtubs, swimming, and hot tubs ; however, showers are permitted. After removal of the bandage, normal activity may resume.

What happens to pellets after insertion?

Since pellets are bioidentical and contain hormones like those our body produces, pellets are completely dissolved and absorbed, leaving nothing behind.

Labs (Blood Work)

You will need blood work done 4 weeks after your first insertion for dosing purposes. Then, labs are done 2 weeks prior to each new insertion.

Frequently Asked Questions

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What happens if someone stops pellet therapy?

Every person's body is different, but at the end of a pellet cycle or when stopping pellet therapy altogether, your original symptoms may recur as your estrogen and testosterone levels begin to drop.

Why are male pellets more expensive?

Men receive only testosterone, often at much higher levels. These pellets are more time consuming to make and require more hormones, thus making them slightly more expensive.

How do women's estrogen levels change with age?

Estrogen levels decline with age, most dramatically during perimenopause and after menopause. Or, if a woman has had a radical hysterectomy, her estrogen levels will struggle significantly, since the ovaries' primary responsibility is estrogen production.

Does it matter if I'm on birth control?

The doctor will determine what your hormone needs are, even if you are on birth control.

What if I've had breast cancer?

Breast cancer survivors and those with a history of breast cancer in their family may still be candidates. Consult your provider.

Myth Busting

Myths

BHRT is the same as traditional HRT

BHRT is unsafe, even causing cancer

BHRT is only used for symptom relief

BHRT is only for menopausal women

BHRT is too costly for most people

Facts

individuals find the BHRT is structurally identical to your body's natural hormones, while traditional HRT often uses synthetic or animal-derived hormones.

BHRT pellet therapy, when properly prescribed and monitored, is generally considered both safe and beneficial.

BHRT effectively addresses symptoms but can also offer preventive bone, breast, and prostate benefits, to name a few.

BHRT can be beneficial for both men and women experiencing hormone imbalances at various stages of life.

Thousands of patients would disagree. Many improved quality of life to be well worth the investment.

Symptom Relief

Potential Benefits by Hormone

Estrogen

- Diminished hot flashes
- Relief from night sweats
- Improved cognition
- Decrease in agitation
- Health weight
- Less hair fallout
- Better bone density

Progesterone

- Counterbalance estrogen
- Improved sleep quality
- Enhanced mood
- Reduced health risks
- Lower level of anxiety
- Boosted mental clarity
- Improved vaginal dryness

Testosterone

- Enhanced libido
- Improve muscle mass
- Metabolism support
- Higher energy levels
- Reduced fatigue
- Better sleep
- Heart health support

Testimonials

“My life changed quickly. I was exhausted every afternoon, and my energy level increased over night. I was amazed. People cannot believe my age.”

-Patent Testimonial

“SottoPelle is the best! There are other places that promise the same results, however they don't! If you want to feel the best use the best!”

-Patent Testimonial

“SottoPelle has changed my life, I no longer have migraines, I have more energy and my sex drive . . . well let's just say my husband is a very happy man!”

-Patent Testimonial

“10 years now, and I wouldn’t want to do my life without it. I might miss a dental appointment but never my SottoPelle!”

-Patent Testimonial

“I love this hormone replacement therapy. No pills, no creams, and no patches. Try it! I’m glad I did.”

-Patent Testimonial

“I feel so much better when I get a fresh batch, my body feels better, my brain comes back to life and I have energy again.”

-Patent Testimonial

Appointment Times + Pricing

The length of your appointment will vary on appointment type and questions that you have for your physician. Typical time to complete an insertion is about 5 minutes and then your physician will cover aftercare instructions and scheduling for your booster/ return insertions.

General Pricing

Women

Consultation: \$150

Per Insertion: \$350- \$550

Men

Consultation: \$150

Per Insertion: \$750- \$950

Labs

The cost of lab testing will vary if your insurance can cover, if you are paying out of pocket, and where you are getting your labs drawn.



Schedule Today!

Fill out our intake form