



CENTER FOR Hormone Health AND Wellness

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Congratulations on your decision to consider improving your life with bio-identical hormone replacement therapy (BHRT)! At the Center for Hormone Health and Wellness, we want you to feel your best, be comfortable with your decision and know what to expect every step of the way.

As you consider your options and what is right for you, we are here to help. Some people wonder what the “typical” process is – from contemplation to consult to implementation of therapy. Feel free to ask us questions along the way – you are not alone! Described below is a general process intended to give you an idea of what to expect:

- ✓ Contemplate bio-identical hormone replacement therapy and investigate if you are a candidate (complete BHRT checklist for men/women)
- ✓ View webinar by Dr. Clark at www.CenterforHormoneHealthandWellness.com
- ✓ Complete new patient forms and have your labs drawn (so Dr. Clark can review them with you). **Please note - the webinar must be viewed prior to your initial consult with Dr. Clark. It can take up to 1 week for us to receive your lab results. Also, prior to therapy, women will need to provide the office with your most recent mammogram results and pap smear results.**
- ✓ At your consult Dr. Clark will discuss if you are a candidate for BHRT pellet therapy and review appropriate treatment options. If you are a candidate and desire to move forward with this natural therapy, you will be scheduled for your BHRT Pellet Insertion Procedure.
- ✓ Get your BHRT treatment! The procedure will be fully explained and consent forms signed. Payment must be made prior to your BHRT Pellet Insertion Procedure.
- ✓ You will be scheduled for follow-up lab tests (4 weeks for males, 6 weeks for females).
- ✓ We will contact you about 4 weeks after the procedure to see how you are doing. Please feel free to call the office after your procedure to discuss your progress or if you have any questions.
- ✓ Approximately 5% of patients may need a “boost” after their first treatment. If so, this will be arranged at no cost to you.
- ✓ Patients generally love the results and the improvement in their symptoms. Women typically progress with treatment every 3-4 months and men every 4-6 months.

As we mentioned, these are only general guideline of what to expect. Thank you again for your interest and best wishes for healthy aging and the ability to feel your best. You can enjoy the happy, active lifestyle you deserve! **The Staff at Center for Hormone Health and Wellness**