



## Is Bioidentical Hormone Pellet Therapy Right For Me?

Only a doctor can help you answer that question and others. Dr. Subha Sundaram invites you to call our office at 281 487-2371 to schedule an appointment. During your initial consultation Dr. Sundaram will review your medical history and discuss your specific symptoms, lifestyle and state of health - and evaluate your current hormone levels. She'll explain how hormone balance can make a positive impact on your life and determine the best treatment options available to you.



## Reclaim Your Quality of Life with Bioidentical Hormone Pellet Therapy

*All Natural... Effective... Reenergizing*

## How Will Bioidentical Hormone Therapy Benefit Me?

*As a result of being on Bioidentical Hormone Pellet Therapy patients have reported:*

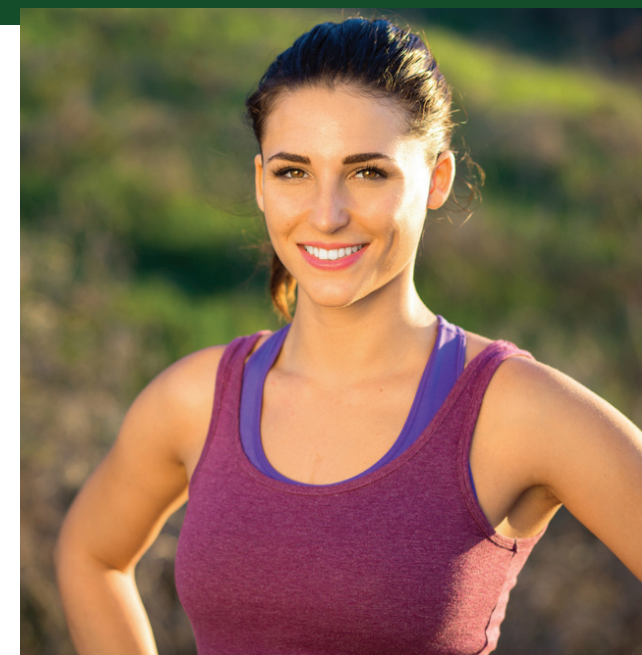
- Reduced fatigue and increased energy levels
- Increased lean body mass and decreased body fat
- Restored or increased sexual drive
- Improved sleep quality
- Relief from vaginal dryness or painful intercourse
- Greater mental clarity, focus and concentration
- Increased quality of life
- Reduced risk of cardiovascular disease and high blood pressure
- Relief from anger, anxiety and depression
- Prevention of Osteoporosis and Alzheimer's Disease
- Improved memory and recollection

In short, Bioidentical Hormones can make you *feel fantastic again!*



### **Women's Associates**

Subha Sundaram, MD, OB/GYN  
4600 Fairmont Parkway #200  
Pasadena, TX 77504  
281.487.2371





## Why Consider Bioidentical Hormone Pellet Therapy?

As women age they typically lose both estrogen and testosterone -- crucial hormones related to health and emotional balance. Absence or imbalance of these hormones leads to the debilitating symptoms of PMS and Menopause. This may include hot flashes, night sweats, fatigue, mood swings, low libido, anxiety, irritability, depression, insomnia and hormonally-related headaches that take a physical and emotional toll on women.

Bioidentical Hormone Pellet Therapy is an effective treatment that provides a continuous supply of hormones in the correct measured dosage for your body, restoring it to a rejuvenated state in which women feel healthy, sexy and vibrant.

Bioidentical Hormone Pellet Therapy has been found superior to other methods of hormone delivery and has been used with great success in the U.S., Europe and Australia since 1938!



## How Does the Treatment Work?

The single-visit treatment involves the painless insertion of hormone pellets - no larger than a grain of rice - in the hip area just beneath the surface of the skin. The procedure takes five to ten minutes using a mild local anesthetic. The hormones are absorbed consistently into the body as needed - 24 hours a day/7 days a week. They last between 4 to 6 months depending on your age, activity level and other lifestyle factors.

### **Why You Need Estrogen and Testosterone:**

- Estrogen is a woman's most important hormone. It regulates sexual and reproductive development as well as the menstrual cycle, skin, bones, hair, heart and brain. It also protects women against heart attacks, stroke, osteoporosis and even Alzheimer's disease.
- Testosterone is equally important for women, helping to reduce the risk of cardiovascular disease, high blood pressure, and weight gain. It also supports mental clarity, libido as well as muscle tone and mass.

Working together these vital hormones create the state of health, disease prevention and emotional balance every woman desires. A healthy, sexual, reenergized state is no longer just a dream. With these hormone pellets it's now a reality!

## What Are the Pellets Made Of?

Derived from soy and other natural plant-based ingredients, Bioidentical Hormone Pellets are hand-compounded by pharmacists to be biologically identical to the estrogen and testosterone naturally produced in a woman's body. With this delivery system you get pure hormones that cannot be metabolized into by-products through the liver, stomach or skin. With no animal ingredients, artificial stimulants or other synthetic ingredients, the pellets completely dissolve.

***This makes Bioidentical Hormone Pellets a better choice than creams, patches shots or pills!***



## Can I Expect Side Effects or Complications?

Studies show any side effects are temporary, treatable and occur less than 2% of the time. Very infrequently some women have reported transient breast tenderness for 7-10 days following their first treatment, but rarely thereafter. Mild acne and some hair loss from testosterone therapy is rare and subsided when treatment was discontinued. Facial hair growth, also rare, occurs no more often than in post-menopausal women with no hormones.

Bioidentical Hormone Pellet Therapy slows down the aging process and prevents age-related diseases.