

Jennifer Y. Park, MD, FACOG
Bryan S. Jick, MD, FACOG
Diane Guerrero, RNC, WHNP
625 South Fair Oaks Ave
Suite 255A
Pasadena, CA 91105



Telephone 626.696.2655
Telephone 626.304.2626
Facsimile 626.585.0695
www.pasadenapellets.com
NPI: 1831416734
Tax ID: 27-2443605

Are You a Woman Suffering from any of the Following Symptoms?

- | | |
|--|---|
| <ul style="list-style-type: none">• Decreased sexual drive• Loss of ability to achieve orgasm• New onset of PMS• Increased moodiness or irritability• Recent weight gain• Sleep disturbances• Menstrual migraines – new onset• Decreased energy | <ul style="list-style-type: none">• Skin is dry, droopy, loss of tone• Waking up tired• Mental foginess or forgetfulness• Hot flashes and night sweats• Joint aches and pains• Depression, loss of motivation• Anxiety, nervousness• Irregular or absent periods |
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These symptoms could all be due to hormone imbalance!

Hormone imbalance can also be called hormone deficiency, resulting from the decline of female reproductive hormones. Menopause is the most common form of hormone imbalance but there are others, some starting as early as age 35!

Treatment of Hormone Imbalance using Bio Identical Hormone Pellets

The best treatment for hormone imbalance is hormone restoration with bio-identical hormones (hormones that are chemically identical to what the body produces).

We offer treatment for hormone imbalance and menopause using bio-identical hormone pellets. These pellets contain either pure estrogen or pure testosterone. They are slightly larger than a grain of rice and are designed to be placed underneath the skin. This provides superior absorption as the hormones go directly into the bloodstream. It is one of the most effective treatments for symptoms of hormone imbalance or menopause.

Ask for a Hormone Consultation. Restore your Hormone Balance!

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Dear Prospective Patient (female),

Thank you for your interest in learning more about Bio-identical Hormone Therapy using hormone pellets. Since 2009, Dr. Jennifer Park has successfully treated over a thousand patients, male and female, using this approach, and her extremely satisfied patients are referring their friends and family due to their amazing results with this program.

To determine if Bio-identical Hormonal Therapy using pellets is the right approach for you, we would ask you to do the following:

1. Think about the symptoms that are motivating you to seek this type of treatment.
2. Read the enclosed article "Hormonal Imbalance?" This will describe in detail our program.
3. Read the "Pellet FAQ's" article for common questions and answers.
4. Decide if you would like to have a consultation with Dr. Park. Once you call to make this appointment, we will send you a packet of information including:
 - a brief Patient History Form for you to fill out and send in
 - a checklist of tests whose results will need be reviewed (we can order any or all of these tests for you if they have not yet been done). These tests include recent pap smear, mammogram, pelvic ultrasound and hormone blood tests.
 - a lab slip you can take to any medical lab
 - a discussion of our fees which are quite reasonable compared to the Beverly Hills clinics

Your initial hormone consultation with Dr. Park is through her medical practice with Fair Oaks Women's Health, where she is a full-time Board-Certified Ob/Gyn in private practice. This visit and any necessary testing is covered by most medical insurance plans.

After this visit, Dr. Park will determine if you are indeed a candidate for treatment using bio-identical hormone pellets. Sometimes, due to pre-existing medical conditions, you might not be a candidate. If you are, then we will schedule you to come back for the insertion procedure. Sometimes the insertion procedure can be done right after the consultation. This is for patients who come from a distance or those who "know" that they need to do this!

Bio-identical hormone pellets are not covered by most medical insurance plans. Once you present for your first insertion, you become a patient of Pasadena Pellet Therapy, a specialty practice dedicated solely to this form of treatment.

Thank you and we look forward to seeing you soon.

Sincerely,

Jennifer Y. Park, MD, FACOG
Pasadena Pellet Therapy

Frequently Asked Questions (FAQ's)

1. *How often will I need to repeat my pellet insertions?*

Usually every 3-4 months.

2. *Will my periods be the same?*

If you are not yet menopausal, your periods might remain the same while on hormone pellet therapy. If you are post-menopausal, the goal is for you to not have any periods at all. If you go one year without periods and then have one, we will order an ultrasound to make sure the lining of your uterus looks normal.

3. *Are there any side effects and/or complications?*

Any medical treatment has potential risks and side effects. However, unlike other forms of hormone therapy, there are fewer side effects than from traditional therapy.

4. *How long will it take for the pellets to get into my system and work?*

Effects are noticeable within 24 to 72 hours. Optimal effects occur after about 3 weeks.

5. *I get horrible headaches—will pellets help me?*

Yes! We have had great success, especially with women who have menstrual migraines or new migraines that appear after age 35.

6. *Why do I need estrogen?*

Estrogen is the most important hormone for a woman. Loss of estrogen can lead to hot flashes, sleep disturbances, loss of sex drive, mood swings and more. Estrogen protects women from osteoporosis. It also keeps you looking young and healthy.

7. *Do I need to take other medication?*

If you still have a uterus, you will need to be on natural progesterone as well. This is because by itself, estrogen can stimulate the uterine lining and cause bleeding or rarely can lead to cancer of the uterine lining. Progesterone helps prevent this.

8. *Why do I need testosterone?*

Testosterone is the third female hormone and is as essential as estrogen and progesterone. Women need this hormone to keep thought processes quick and maintain a healthy libido. It improves bone density, muscle mass, strength and prevents some types of depression. Testosterone can also increase energy and aid in getting solid sleep!

9. *Will I grow unwanted hair from testosterone?*

There is less chance of excess hair growth with natural testosterone than with synthetic hormones. Light facial hair can grow when using testosterone pellets but normally not worse than when you were in your thirties.

10. *I have no libido—will this help?*

Good hormone balance will greatly improve your libido but the addition of testosterone in pellet form will change everything for the better. Testosterone pellets have been known to save marriages!

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Pellet Therapy Fees (male and female)

Pasadena Pellet Therapy offers a unique solution for women approaching and currently going through menopause or peri-menopause or for men experiencing Testosterone Deficiency Symptoms (Low "T"). Bio-identical Hormone Pellets are safe, convenient, and the most effective hormone delivery system there is. *If you want to feel like you did before you were 40, and get your old self back, then Bio-identical Hormone Pellet Therapy is the answer !*

Our approach is the ideal solution for so many people who cannot find an answer to the many symptoms caused by depletion of hormones after age 40. This unique treatment is not messy gels, synthetic pills, skin patches, injections or nightly vaginal inserts. *Pellet therapy restores your body and soul back to normal!*

FEES FOR BIO-IDENTICAL HORMONE PELLETTREATMENT

Pellet insertion procedure	\$ 350 per insertion
Includes insertion procedure, local anesthesia injection and follow up phone calls or emails (for any related problems). Normally less than 2-3 communications per insertion are necessary. Repeat insertion procedures are generally 2-4 times per year.	
Pellet Fees	\$ 25 to \$ 75 per pellet
estradiol pellets range from \$25 to \$40 each, testosterone pellets range from \$35 to \$75 each	
Pellet Insertion Tray	\$ 50 to \$ 60 per procedure
one disposable insertion tray is used per pellet insertion procedure	
DIM (diindolylmethane) Supplement	\$ 25 per bottle
30 capsules, one or two capsules per day	

FEE FOR INITIAL CONSULTATION

\$ 250

The fee for the initial consultation with Dr. Park is \$250. Payment is expected at the time of service. If you undergo a pellet insertion procedure at the same visit, this fee will be waived.

PAYMENT IS DUE AT THE TIME OF PELLETTREATMENT

Please keep in mind that these fees do not include laboratory charges for any blood work, ultrasound fees or mammogram fees. You can try to submit a claim to your health insurance plan. We have letters of medical necessity and appeal letters if your health plan denies reimbursement for these services. Also, many people have HSA (health savings accounts) or HRA (health reimbursement accounts) accounts that might cover some or all of the above.