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

- Decreased sexual drive
- Erectile dysfunction
- Loss of stamina
- Migraines – new onset
- Fatigue, weakness or low energy
- Waking up tired
- Increased Moodiness or Irritability
- Mental fogginess or forgetfulness
- Depression or lack of motivation
- Muscle loss or wasting
- Recent weight gain
- Sleep disturbances
- Skin is dry, droopy, loss of tone
- Joint aches and pains

These symptoms could all be due to Testosterone Deficiency!

Although it happens later than menopause does in women, testosterone deficiency (also called Low-T or andropause) in men is inevitable and is caused by low testosterone. For most men, the irritability, shrinking muscle mass, loss of stamina, erectile dysfunction and low sex drive are unavoidable unless they replace their diminishing testosterone through Bioidentical Testosterone Hormone Pellets.

Treatment of Low T using Bio Identical Testosterone Hormone Pellets

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

We offer treatment for low testosterone using bio-identical testosterone hormone pellets. These pellets contain pure testosterone, made from a plant source. 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 testosterone deficiency.

**Restore Your Sex Drive. Improve Your Stamina and Energy.
Ask for a Hormone Consultation with Dr. Jennifer Park.**

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Dear Prospective Patient (male),

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 Testosterone 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 "Testosterone for Men." This will help educate you on the symptoms of low testosterone and the safety and advantages of treatment with pellets.
3. Read the "Testosterone Therapy 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 New Patient History Form for you to fill out and send in
 - 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
 - a request for "medical clearance" for possible testosterone therapy that needs to be signed by a licensed medical provider (MD, DO, Nurse Practitioner)

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 testosterone 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,

A handwritten signature in black ink that reads "Jennifer Y. Park". The signature is written in a cursive style with a large, looped initial "J".

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Pasadena Pellet Therapy

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TESTOSTERONE FOR MEN

The new name for andropause (male menopause) is the phrase “Low T.” This refers to low testosterone as men age. You can’t avoid it! Although it happens later than menopause does in women, andropause is inevitable and is caused by low testosterone. For most men, the irritability, shrinking muscle mass, loss of stamina, erectile dysfunction and low sex drive are unavoidable unless they replace their diminishing testosterone through Bioidentical Hormone Pellets for men.

Bioidentical hormone pellets deliver a customized amount of testosterone, the hormone that disappears as you move through andropause, according to your needs. By implanting tiny rice-sized pellets just under the skin of your hip two or three times a year, the pellets release testosterone as you need it directly into your bloodstream. This delivery method is far more safe and effective than patches, creams, injections, or pills. The FDA requires a black box warning on testosterone gel because of its extreme danger to children and pregnant women, which is not an issue when you have pellets placed under the skin. Also, through careful monitoring of all levels by Dr. Jennifer Park, the risk of an enlarged prostate is reduced. Once the pellets are implanted, the results are almost immediate.

Men consistently report having more energy, increased mental clarity, a reduction in depression and anxiety, and a satisfyingly high sex drive after having the hormone pellets implanted. Don’t let the aging process rob you of a productive, fulfilling life – renew your passion for life with bioidentical hormone pellets here at Pasadena Pellet Therapy.

What about Prostate Cancer and Testosterone?

One of the issues we frequently discuss with men is their fear of prostate cancer and testosterone replacement. This is one of those questions that takes some time to discuss. The short answer is, testosterone replacement does not cause prostate cancer. Don’t blindly take that claim as truth from this website, we have plenty of research that backs up that statement (separate handout, available upon request).

We are confident in the statement above, based on the research that has been done by Dr. Morgenthaler, the chief of Urology at Harvard Medical School. He has done more prostatectomies for prostate cancer than anyone else in the US. He has also done extensive research with prostate cancer cells in the laboratory and in volunteer patients. Here is what he found:

Low testosterone and not normal or high testosterone causes prostate cancer. Both by retrospective studies of men with prostate cancer and their pre-cancer testosterone levels as well as their testosterone levels as the time of diagnosis (no replacement), he determined that it was very risky to have a low testosterone level, without replacement, because that was the highest risk factor for men who got prostate cancer. That makes sense in many ways, because men do not get prostate cancer when they are young, they get it when they are old, which is when their testosterone levels drop to a very low level. His recommendation for men without prostate cancer is to keep their testosterone at optimal levels to avoid prostate cancer.

Testosterone Therapy FAQs

How do you diagnose low Testosterone in men?

Low Testosterone can be diagnosed if you have 3 or more of the following symptoms:

- decreased sex drive
- erectile dysfunction (ED)
- loss of stamina
- migraines
- fatigue, weakness or low energy
- mental fogginess or forgetfulness
- irritability or mood swings
- depression, or lack of motivation
- sleep disturbances
- muscle loss or wasting
- increase in body fat, especially waistline
- arthritis or joint pains
- loss of skin tone
- loss of body hair

Along with the symptoms, we look for a low total testosterone blood level or a low free testosterone blood level. A man must have both symptoms and a low blood level of testosterone to qualify for treatment.

What Symptoms Do Testosterone Pellets Treat?

When men age, testosterone production normally declines which causes them to lose their ability to have sex without ED medications, experience aging of their body losing muscle and gaining belly fat, developing diseases of aging including heart disease, diabetes, obesity, osteoporosis, joint damage and autoimmune diseases.

Where are the Pellets inserted in men?

There are two places that pellets are placed in men: upper outer hip and love handles.

How long will it take for my pellets to work?

It takes about 3-5 weeks to get the full effect. Pellets must be re-inserted every four to six months to prevent symptoms from recurring.

Does testosterone cause prostate cancer?

No. The metabolites of testosterone, dihydrotestosterone and estrone, cause prostate enlargement but an expert in prostate cancer, Dr. Abraham Morgantaler, has proven that low testosterone and not normal young healthy levels contribute to prostate cancer.

Do present and former athletes need testosterone replacement earlier than other men?

In general, that is what we have determined through experience, however the physiology behind this is not clear. Pellets tend to improve the joint function, cartilage thickness and muscle tone necessary to relieve the pain from damage to the joints from years of sports. It also replaces the testosterone that decreases because of head injuries in contact sports.

What if I have prostate enlargement already?

Bio-identical Testosterone Pellets will usually shrink the prostate. There are exceptions to this rule, but this is our experience.

Can a man who has had prostate cancer take bioidentical Testosterone pellets?

No. Once prostate cancer has been diagnosed, the cancer cells in the prostate are completely different from the benign prostate cells that were there before, so it is recommended that men refrain from replacing testosterone if there is prostate cancer present. However, if a man has had prostate cancer that is completely removed surgically, and has negative lymph nodes (does not have any more prostate cancer cells), Dr. Morgantaler of Harvard feels that it is then a choice to be made by the patient and his doctor. If cancer is metastasized, we don't advise replacement of testosterone, in any form.

Why are pellets better than testosterone patches, shots and pills?

Bio-identical Testosterone Pellets contain the pure hormone, testosterone, that is dissolved and absorbed directly from the pellet into the blood stream. The testosterone is not immediately converted to the byproducts (Estrone/DHT), which can cause prostate swelling, hair loss, belly fat and a requirement for more and more testosterone. Other forms of testosterone are delivered in a form that causes blood levels to rise and fall drastically between dosing. Pellets are dosed two to three times a year which allows blood levels to remain quite stable.

If I have a genetic reason that causes me to convert testosterone to dihydrotestosterone (DHT) and estrone, how is that monitored and managed?

We follow blood levels of your estrone and DHT, before and after treatment, and then periodically. If they are elevated, we treat with medications and/or herbal supplements to decrease DHT and Estrone. DHT is lowered by using Saw Palmetto, or the medications Avodart, Propecia or Proscar. We treat too much estrone with the supplement DIM or the drug Arimidex.

Will my testicles shrink while I take the testosterone pellets?

Yes, they will to some extent. Testicles shrink normally with age, as they provide less and less testosterone. As the pellets take over the supply of testosterone, testicles are not producing as much as usual, so they get smaller. This is not a permanent change, and there are medical methods to stimulate the testicular size, but it is cosmetic and not necessary to be healthy.

How long will it take for my body to get back to my lean normal self?

That depends on how heavy you are at the beginning of treatment as well as how much you exercise, your diet, and how often you work out with weights. Without testosterone replacement, this transformation would not be possible even with a perfect diet and exercise.

If I have used alcohol or drugs like marijuana, will my effect be the same as other men?

No. You will use up the testosterone more quickly because your liver is activated and it metabolizes testosterone with the same enzymes that metabolize alcohol and drugs. Marijuana increases prolactin, the hormone that increases breast size in men and women. Prolactin not only decreases your testosterone level but decreases your sex drive, ejaculatory function and sexual stamina. It is expected that if you take testosterone, you should stop using marijuana altogether and decrease or stop alcohol consumption.

Can testosterone improve depression and anxiety?

Yes. It often can replace the need for antidepressants which also can decrease libido.

If I have diabetes will testosterone help me with my sexual response?

Yes, in most cases it will. It also increases insulin sensitivity which can decrease triglycerides and stabilize blood glucose. It can improve the overall status of your diabetes. In men who have had many years of diabetes—especially without good control—the blood vessels in the pelvis are affected and might not provide enough blood to the penis for an effective erection. In these cases, other medication designed to improve penile blood flow might be required.

How do cholesterol-lowering drugs affect testosterone?

Testosterone is made of cholesterol. When you take cholesterol-lowering drugs, you decrease the primary ingredient that testosterone is made of which can lead to lower testosterone production.

Why are Testosterone pellets better than Viagra?

Testosterone fixes the real problem—lack of testosterone that decreases libido and sexual response. Viagra does not fix the sexual desire issues, it just improves blood flow to the penis. This is only treating the symptom of ED, not the other symptoms of low testosterone, and it has many side effects.

Can I receive Testosterone pellets if I have normal testosterone levels and want to increase my testosterone for the purposes of body building or athletic advantage?

No. We cannot honor these requests. Our purpose is to replace testosterone for symptomatic men who have low levels because of age, genetic problems, head injuries, or other causes.

What treatment will I need if I want to receive testosterone pellets because I have andropause, and I also have high levels of red blood cells?

This is a concern for men who take testosterone, because the addition of testosterone can increase the red blood count in anyone. If there is an underlying condition that also elevates the red blood count, it is important to diagnose and treat that condition early while being treated with testosterone. The reason it is important is that increased concentrations of red blood cells can lead to sludging of the blood and could cause blood clots (an embolism) to form.

It is important that this condition (called polycythemia) is diagnosed and treated prior to, or early during a course of testosterone replacement. Evaluation of elevated hematocrit determines whether you have Hemachromatosis, a benign elevation of red blood cells, or a Jak 2 genetic defect which has other far-reaching consequences with or without testosterone replacement. We can also determine whether your situation requires a specialist such as a hematologist/oncologist.

Do Testosterone Pellets increase my risk of blood clots?

No, because we evaluate and treat men with an increase in blood count, discussed above. They do not increase the risk of clotting for other reasons either.

Should I try another form of testosterone before I come in for testosterone pellets?

There is no reason for you to try a method that will not bring you back to health completely before you come in to get

Will I still need my E.D. medicine after I get pellets?

Maybe. Most men find that they do not. However, if there is vascular compromise from arteriosclerosis or diabetes, then it is still possible that ED medicine in one form or another may be needed. We often find that a patient's blood pressure medicine is contributing to the problem and we advise our patients to switch to a blood pressure medication that is least likely to cause ED. In any case, if ED meds are needed, they are also generally used at a lower dose than before.

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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.

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Medical Clearance for Possible Testosterone Pellet Therapy

Patient Name _____ Date _____

Patient Date of Birth _____

The above patient is planning to consult with Dr. Jennifer Park regarding possible treatment with bio-identical testosterone delivered via subdermal pellets. Bioidentical hormone pellets (rice-sized pellets placed just under the skin two or three times a year), release pure testosterone directly into the bloodstream in a steady state while avoiding the risks to children or pregnant women (according to the FDA, minute contact exposure from a family member using topical testosterone gels or creams could be extremely hazardous for a child or unborn fetus).

Per the FDA, absolute contraindications to the use of testosterone therapy include: men with carcinoma of the breast or known or suspected prostate cancer. Having BPH (benign prostatic hypertrophy) is a relative contraindication.

The undersigned physician has a doctor-patient relationship with this patient, and does not believe that there are any medical contraindications to this proposed treatment.

Physician Signature _____ Date _____

Physician Name _____