

Why DTRC utilizes surgically implanted sex hormone pellets for most patients treated with H.O.T.™ (Hormone Optimization Therapy)

About Pellet Therapy

An advantage of treatment at DTRC is the availability of treatment by surgical implantation of sex hormone pellets. Many people have heard of the term “bioidentical” hormones. None of the currently available hormone treatments are truly bioidentical. (Explain more???) Pellet delivered sex hormone therapy does share many aspects with how your body naturally provides itself with hormones. Some of these aspects have been demonstrated to be of importance to certain types of patients, for example, smooth consistent delivery in patients with mood or migraine problems influenced by natural sex hormones. Another potential advantage of pellet delivered sex hormone treatment is the ease of complying with treatment. Not infrequently, patients forget to take their oral or topically delivered sex hormone treatment, causing disturbance in mood and temperament from hormone fluctuation. Therefore, this treatment approach may be optimal for achieving both treatment effectiveness and safety. Finally, for many patients this treatment is chosen because of the convenience of a treatment dosed two to four times a year.

About the Procedure

Implantable hormone pellets are tic-tac sized medications that are placed just under the skin. For most people, this approach can achieve smooth consistent effectiveness that last 3 to 6 months, depending on individual characteristics. Prior to your procedure, we gently numb the area with an anesthetic and then a small incision is made. The pellets are then implanted just below the beltline, toward the rear of the hip. For females, a simple tape and gauze dressing is all that is needed. For males, a single stitch is administered to help alleviate tension on the incision. This suture can be removed either at home or in the office by DTRC staff. This procedure has minimal discomfort and only lasts 10-15 minutes. You may return to work immediately and will have minimal restrictions the week following the procedure. Most patients carry on with life and are not even aware that the pellets are present.