

What are bioidentical hormones?

Bio-identical hormones, or BHRT, are compounded at specialized pharmacies and are molecularly identical to the hormones naturally produced in our bodies. Since pharmaceutical companies cannot patent natural or bio-identical compounds, their products are synthetic and differ chemically as well as clinically. BHRT hormones include thyroid, estrogen, progesterone, testosterone, and DHEA. Sometimes, human growth hormone is tested as well. Appropriate supplementation may be helpful and preventive.

Are bio-identical hormones better than synthetic?

BHRT and synthetic hormones should not be considered the same or used interchangeably. Medical literature supports the beneficial effects of BHRT. Since these hormones are not synthetic, intuitively, they pose less harmful side effects or long term dangers. A compounding pharmacy can produce BHRT in pills, capsules, injections, subcutaneous pellets, and creams that are customized to the patient's needs.

How are hormones tested?

Dr. Birken and Dr. Blades are certified in Advanced Bio-Identical Hormone Optimization with Worldlink Medical and are certified BioTe Medical providers. Both physicians have trained with internationally renowned bio-identical hormone expert Dr. Neal Rouzier. Dr. Birken has completed post graduate training with the Cenegenics Medical Institute and is on the medical advisory board for BioTe Medical.

Do bioidentical hormones alter aging?

Nothing reverses aging. Eating well and fitness are the cornerstones to good health, but when hormones and nutrients are at an optimal level, the process of age deterioration is slowed while enhancing quality of life. Additionally, even younger patients can benefit from bio-identical hormones. Recent studies indicate that BHRT increase the breakdown of fat, raise energy and exercise capacity, improve vitality, strength, and muscle tone, enhance hair, skin, and nail health, improve sleep, reduce anxiety/depression, and lower cholesterol and triglycerides.

Randy A. Birken, MD

What are the symptoms of low hormone levels?

Thyroid (Men and women) – Fatigue, weight gain, low libido, dry skin, cold extremities, anxiety/depression, general aches and pains, constipation, and memory lapses.

Adrenal (Men and Women) – Fatigue, irritability, allergies, and cravings for sweets.

Estrogen (Women) – Hot flashes/night sweats, sleep disturbance, dry skin, low libido, depression, bone loss, foggy thinking, and headaches.

Progesterone (Women) – Swollen breasts, anxiety, acne, weight gain, low libido, mood swings, PMS, and joint pain.

Testosterone (Men and Women) – fatigue, memory problems, decreased libido, muscle weakness, bone loss, blunted motivation, thinning skin, and general aches and pains.

Human Growth Hormone (Men and Women) – With good growth hormone levels (IGF1) patients experience more energy, better muscle tone, less subcutaneous fat, improved sleep, and enhanced skin collagen and tone.



BIO-IDENTICAL HORMONE PROTOCOL

Indications:

Hot flashes, night sweats, poor sleep, fatigue, decreased libido, weight gain, dry skin, attention deficits.

Laboratory testing – Blood tests include estrogen, estrogen metabolites, progesterone, testosterone, thyroid, and adrenal. Lab is covered by most insurance companies.

Initial Consultation for BHRT – \$375 – includes review of labs and prescriptions for BHRT which will be sent to the pharmacy. This visit must be in the office.

First follow up visit – \$275 – BHRT lab testing is required 6–8 weeks after beginning the BHRT program. The visit to go over these labs can be made either in office or telemedicine (phone call or video).

Follow Up Visits for BHRT – \$275 with Dr. Birken and \$200 with one of the nurse practitioners – Dr. Birken requires follow up consults with labs every six months.

Additional Consultations – \$275 with Dr. Birken and \$200 for Nurse Practitioners.
– Consultations done between regularly scheduled visits.

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BIO-IDENTICAL HORMONE PROTOCOL

Financial and Cancellation Policy:

1. We are a "Fee for service" clinic, meaning we collect all fees for our services from you at the time service is delivered. We do not file insurance and are considered Out-of-Network for all insurance plans, but at request we will provide you with a detailed receipt for you to submit for reimbursement.
2. We also do not work with or accept Medicare, Medicaid or Worker's Compensation.
3. If you show up late to your appointment, you are simply cutting down your time with the Doctor or Nurse Practitioner. If you miss your appointment, you will be required to pay a "no-show" fee of \$200.00 for Dr. Birken and \$75.00 for Nurse Practitioner.
4. We request a 24-hour notice on all appointment cancellations and reschedules; any less than 24-hours will be assessed and may result in a fee. Thank you for respecting our time, and we will be respectful of yours.
5. We accept Visa, Mastercard, cash or checks. We do not accept Discover, American Express or Care Credit.

Please sign that you have read this information and agree to participate in one or all of Dr. Birken's BHRT program.

Patient Signature: _____ Date: _____

For further questions, please contact the following by phone or email:

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