

From: BioTE Medical [info@biotemedical.com]  
Sent: Monday, March 10, 2014 10:41 AM  
To: prglanville46@msn.com  
Subject: Pellet Press - March 2014



## Pellet Press

MARCH  
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### QUOTE OF THE MONTH

"LET FOOD BE THY MEDICINE AND MEDICINE BE THY FOOD"  
~ Hippocrates



Dr. Gary S.  
Donovitz MD

Dear BioTE Practitioners,

The times in which we live certainly are interesting. Everyone wants to get into the testosterone replacement business. Unfortunately, they have very little training except what Big Pharma tells them as gospel. This form of guidance then leads to misrepresentations in the media about the pros and cons of HRT in general testosterone specifically.

In J.A.M.A. 2013, there was a report that testosterone increased myocardial infarctions and strokes. Wow! Look at their data, it clearly shows that 10% of the patients on testosterone had adverse events but without testosterone a whopping 21% had heart problems. Diving deeper into the data shows that the patients were older with median age of 60.6, were primarily on patches and gels, and some injectables. The administering Physicians were able to increase testosterone to 332 ng/dl on average...not so impressive! Twenty percent of the men only filled one prescription. Bottom line they misinterpreted their own data. Testosterone was the winner not the loser.

On the heels of the V.A. Study, in J.A.M.A., came the PLOS ONE STUDY. More good news for testosterone but reported as bad news. Here 55,000+ men received creams, patches and synthetic injectables. They performed no lab test or optimization, and reported that testosterone increased the risk of myocardial infarction in men over 65 y.o. Now for the truth, it was only men over 75 y.o. that had the increased risk. So for the 99% of your patients there is again no increased risk and if you optimize and use BioTE Method of bio-identical subcutaneous hormone pellet therapy, you can actually lower the risk in males.

Recently in Medscape there was an article entitled "T is it Terrific or Terrible". The answer is it's terrific if done right.

I hope you are enjoying the journey of providing the best and safest HRT for your men and women. I will continue to keep you ahead of the media, the journals, and the lawyers....

Gary S. Donovitz MD  
C.E.O. and Medical Director of BioTE Medical