



Eagle's Wing Medical
 Paul Glanville MD
 112 Village Square West #102
 Ridgway, CO 81432
 970-626-7140 fax 626-3475



WHAT MIGHT OCCUR AFTER A PELLET INSERTION - Female

A significant hormonal transition will occur in the first four weeks after the insertion of your hormone pellets. Therefore, certain changes might develop that can be bothersome.

- **FLUID RETENTION:** Testosterone stimulates the muscle to grow and retain water, which may result in a weight change of two to five pounds. This is only temporary. This happens frequently with the first insertion, and especially during hot, humid weather conditions.
- **SWELLING OF THE HANDS & FEET:** This is common in hot and humid weather. It may be treated by drinking lots of water, reducing your salt intake, taking cider vinegar capsules daily, (found at most health and food stores) or by taking a mild diuretic, which the office can prescribe.
- **UTERINE SPOTTING/BLEEDING:** This may occur in the first few months after an insertion, especially if you have been prescribed progesterone and are not taking it properly: i.e. missing doses, or not taking a high enough dose. Please notify the office if this occurs. Bleeding is not necessarily an indication of a significant uterine problem. More than likely, the uterus may be releasing tissue that needs to be eliminated. This tissue may have already been present in your uterus prior to getting pellets and is being released in response to the increase in hormones.
- **MOOD SWINGS/IRRITABILITY:** These may occur if you were quite deficient in hormones. They will disappear when enough hormones are in your system. 5HTP can be helpful for this temporary symptom and can be purchased at many health food stores.
- **FACIAL BREAKOUT:** Some pimples may arise if the body is very deficient in testosterone. This lasts a short period of time and can be handled with a good face cleansing routine, astringents and toner. If these solutions do not help, please call the office for suggestions and possibly prescriptions.
- **HAIR LOSS:** Is rare and usually occurs in patients who convert testosterone to DHT. Dosage adjustment generally reduces or eliminates the problem. Prescription medications may be necessary in rare cases.
- **HAIR GROWTH:** Testosterone may stimulate some growth of hair on your chin, chest, nipples and/or lower abdomen. This tends to be hereditary. You may also have to shave your legs and arms more often. Dosage adjustment generally reduces or eliminates the problem.

I acknowledge that I have received a copy and understand the instructions on this form.



Print Name

Signature

Today's Date



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Post-Insertion Instructions for Women

- Remove clear bandage in 7 days.
- We recommend putting an ice pack on the insertion area for 2 hours after the procedure.
- Do not take tub baths or get into a hot tub or swimming pool for **7 days**. You may shower but do not scrub the site until the incision is well healed (about 7 days).
- No major exercises for the incision area for the next **7 days**, this includes running, riding a horse, bike etc.
- The sodium bicarbonate in the anesthetic may cause the site to swell for 1-3 days.
- The insertion site may be uncomfortable for up to 2 to 3 weeks. If there is itching or redness you may take Benadryl for relief, 50 mg. orally every 6 hours. Caution this can cause drowsiness! Topical Benadryl also helps.
- You may experience bruising, swelling, and/or redness of the insertion site which may last from a few days up to 2 to 3 weeks.
- You may notice some pinkish or bloody discoloration of the outer bandage. This is normal.
- If you experience bleeding from the incision, apply firm pressure for 5 minutes.
- Please call if you have any bleeding not relieved with pressure (not oozing), as this is NOT normal.
- Please call if you have any pus coming out of the insertion site, as this is NOT normal.
- If you have nipple soreness or breast tenderness, get Evening Primrose Oil. 2 caps daily.

Reminders:

- Most women will need re-insertions of their pellets **3-6 months** after their initial insertion.
- Please call as soon as symptoms that were relieved from the pellets start to return to make an appointment for a re-insertion. **The charge for the second visit will only be for the insertion and not a consultation unless you have questions about hormones/pelleting that take more than a few minutes or if you have questions about other medical issues. If you have other questions you will probably need to make an appt for an office visit.**
- Recheck Labs at six weeks after first pelleting. Thereafter as directed.
- DIM 150 mg daily
- Vitamin D3 5,000 IU daily or as directed

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 Print Name

 Signature

 Today's Date



BHRT Checklist For Women

Name: _____

Date: _____

E-Mail: _____

Symptom (please check mark)	Never	Mild	Moderate	Severe
Fatigue				
Memory Loss				
Mental confusion				
Decreased sex drive/libido				
Sleep problems				
Mood changes/Irritability				
Tension				
Migraine/severe headaches				
Difficult to climax sexually				
Bloating				
Weight gain				
Breast tenderness				
Vaginal dryness				
Hot flashes				
Night sweats				
Dry and Wrinkled Skin				
Hair is Falling Out				
Cold all the time				
Swelling all over the body				
Joint pain				

Family History

	NO	YES
Heart Disease		
Diabetes		
Osteoporosis		
Alzheimer's Disease		
Breast Cancer		

FEMALE ANNUAL EXAM AGREEMENT

I understand it is my responsibility to have a physician perform an annual gynecological exam as per standard of care that includes but is not limited to a mammogram, pap smear, rectal and pelvic health exam. I understand that PAP smears and/or Transvaginal Ultrasounds are the best single method for detection of early ovarian, endometrial and/or cervical cancer and that mammograms are the best single method for detection of early breast cancer. I understand it is my responsibility to provide Dr. Glanville's office with a written copy of the report of my verbal report. If report is verbal I take full responsibility if someone else made an error on the report. It is my responsibility to follow the advice from the examining physician should any of the exam present abnormalities. I acknowledge and agree that I have been given adequate opportunity to review this document and to ask questions. This release and agreement is and shall be binding on myself and my heirs. This document is good for the duration of care and Dr. Glanville's practice.

Patient Print Name

Signature

Today's Date

Witness

Today's Date



Eagle's Wing Medical

Paul Glanville MD

DIM – diindolymethane. Many patients are coming in for BHRT and have not heard of DIM and why they should take it.... We have a nutraceutical brochure and you should get one.

DIM is an active ingredient in cruciferous vegetables (broccoli, cauliflower, Brussel sprouts, cabbage, etc.) that does several things in men and women. I think most people have heard that our vegetables of today are not nearly as nutritious as they were 100 years ago. One capsule of 150 mg DIM from BioTE supposedly has the amount of DIM in about 7 pounds of broccoli.

1. Estrogen (which is found in men and women) can go down a healthy or unhealthy metabolic pathway. DIM pretty much assures that it will go down the healthy pathway. The unhealthy pathway is thought to increase the risk of breast cancer and prostate cancer.
2. Testosterone is bound to a protein (normal) to a great extent and only about 2% is free to be active. DIM helps T be less bound and therefore your T will be more active/effective.
3. DIM helps slow down the conversion of T to E (estrogen). This conversion is normal. But some people convert too much too fast. So DIM helps your T be more effective.
4. I think there are some other healthy effects but I don't remember them right now.
5. You can get DIM from us/BioTE brand. I know it is very well made and Micronized (ground very fine so it is more bio-available to the body's use). Women should take 150 mg per day and men should take 300 mg per day.

Signature

Date