A stethoscope with a black tube and silver chest piece is resting on a white, crumpled cloth. Next to it is a single, bright green apple with a small stem and a single green leaf. The background is a light-colored, textured surface, possibly a wooden table. The entire scene is framed by a large, black-outlined circle on the right side, which contains the text and logo.

Power2Practice
Integrative Medical Software 
presents

**Pellet Hormone Therapy –
A Primer for Clinicians**

with

Ken Sekine, MD

Dr. Sekine is a board certified OB-GYN who has been in private practice since 1981.

He has transitioned over the years with his patients, from pre-pregnancy care, through their child bearing years, and into the life changing, menopausal years.

Always believing that the changes and symptoms associated with menopause were pathologic (and not simply physiologic), he embraced the study of bio-identical hormone replacement therapy, where the results achieved by his patients have been exceedingly well received.



Ken Sekine, MD

WHY HRT?

- 3500 women enter menopause... everyday!
- Symptoms of menopause may begin 15 years earlier.
- Hypogonadism occurs in 20% of males over 50 years old.



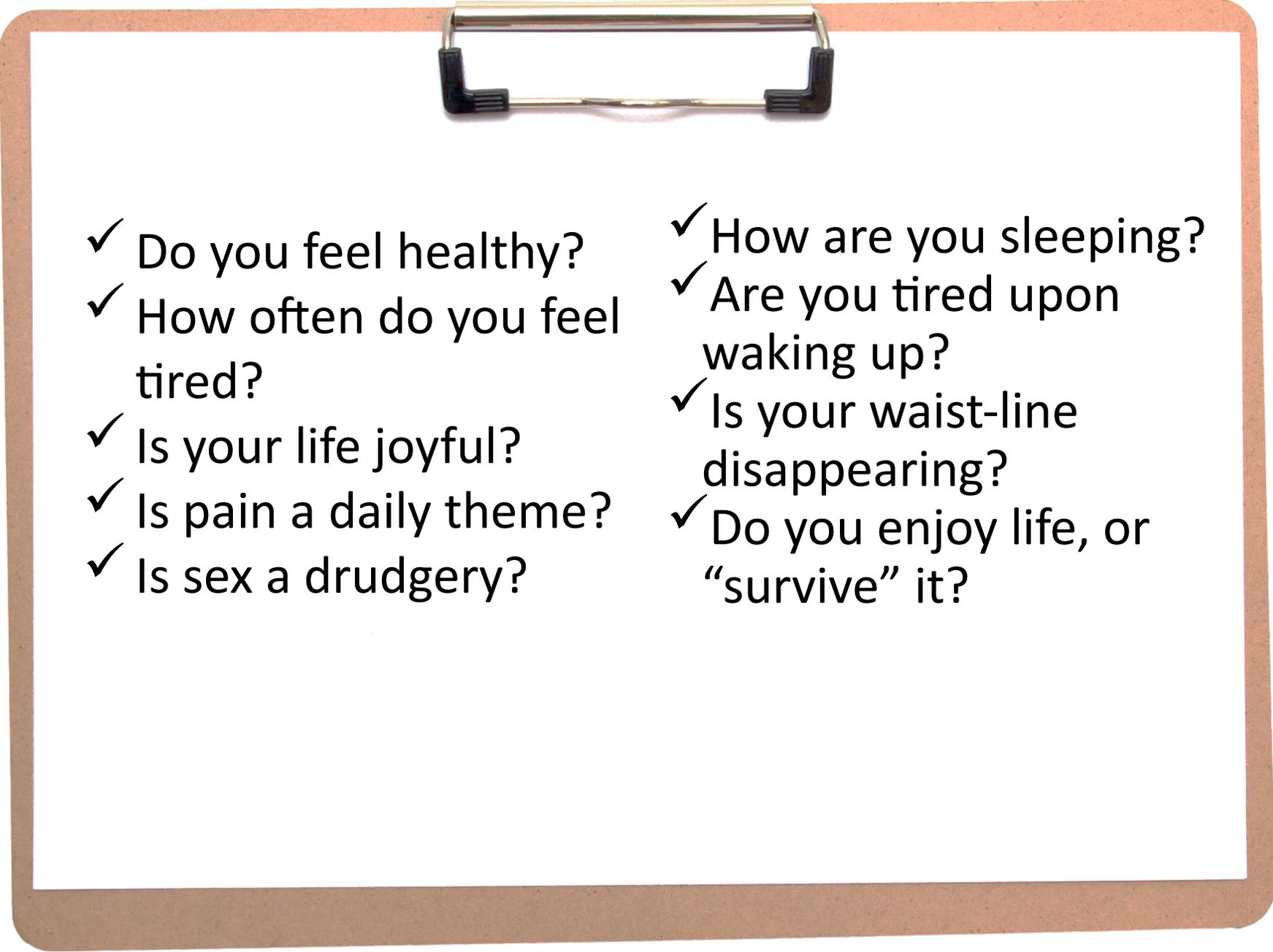
SYMPTOMS (MALE & FEMALE)

- Fatigue
- Mood swings
- Tension
- Lack of sleep
- Memory loss
- Decreased sex drive
- Depression
- Hot flashes
- Night sweats
- Weight gain
- Joint pain
- Migraine/severe headache
- Loss of lean muscle mass
- Loss of erectile ability

Most Common Reasons Patients Seek-out HRT

- Delay aging
- Reverse emotional irritability
- Regain libido
- Improve sleep and energy levels
- Preserve skin and muscle tone
- Lose abdominal fat
- Protection from osteoporosis, dementia and insomnia

Questions To Help Identify HRT Candidates

- 
- ✓ Do you feel healthy?
 - ✓ How often do you feel tired?
 - ✓ Is your life joyful?
 - ✓ Is pain a daily theme?
 - ✓ Is sex a drudgery?
 - ✓ How are you sleeping?
 - ✓ Are you tired upon waking up?
 - ✓ Is your waist-line disappearing?
 - ✓ Do you enjoy life, or “survive” it?

HRT FOR WOMEN

Dr. Joseph Collins, author of “What’s Your Menopause Type,” said:

“Today’s Truth is This: There is no magic hormone or combination of hormones that can be indiscriminately used by all women. Each woman is an individual and hormone balance must be the ultimate goal for all women.”



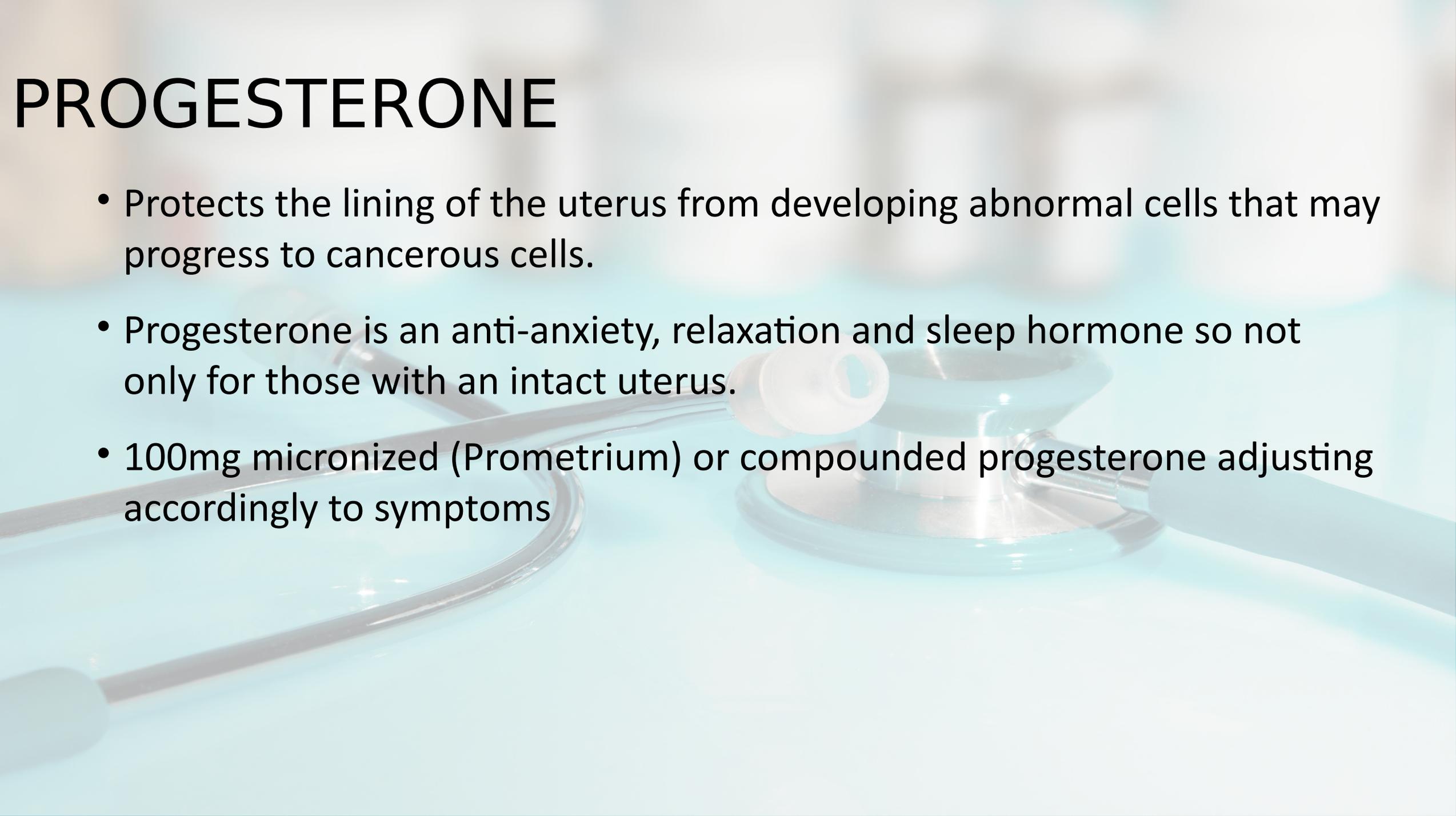
ESTRADIOL: ESTRONE RATIO

Ideal Ratio of Estradiol: Estrone is 2:1

- Menopause changes the ratio to reversed 1:2
- Synthetic oral HRT 1:10
- Bio-identical Sub-lingual 1:2
- Bio-identical Gel 1:2
- Transdermal Patch 1:5
- *Pellet Therapy 2:1*



PROGESTERONE

- Protects the lining of the uterus from developing abnormal cells that may progress to cancerous cells.
 - Progesterone is an anti-anxiety, relaxation and sleep hormone so not only for those with an intact uterus.
 - 100mg micronized (Prometrium) or compounded progesterone adjusting accordingly to symptoms
- 

WHAT ABOUT TESTOSTERONE?

- Memory Depends on It!
- Neurotransmitters are increased through testosterone and estradiol treatment
- Memory responds quickly

Dementia and Alzheimer's may be prevented if it is instituted before or during first 10 years after menopause!

ALZHEIMER'S DISEASE

- Women get Alzheimer's Disease 8:1 over men
- Women on estrogen are 50% less likely to develop Alzheimer's Disease
- Men with low testosterone are 3x more likely to develop Alzheimer's Disease



FIBROMYALGIA

- Difficult to diagnose
- Doctors often treat symptomatically with antidepressants after other illnesses are ruled out
- Symptoms: multiple areas of tender spots throughout the body, severe fatigue, increased incidence of autoimmune disorders, poor sleep
- *Associated with low free testosterone levels*



HRT FOR MEN

Positive Effects of Natural Testosterone

- Enhanced erectile ability
- Prostate protection
- Enhanced libido
- Cardiovascular protection
- Increased bone strength
- Increased muscle strength
- Cognitive clarity
- Lower cholesterol
- Increased energy and vitality
- Feeling of overall well-being
- Reducing body fat
- Depression relief

HRT METHODS

Synthetic

- Pills
- Patches
- Injectables

Bio-identical

- Pills
- Patches
- Creams/Gels
- Pellets

WHY PELLETS?

- Natural, plant-and-soy derived compounds
- Same molecular structure as the human body
- Lasts longer than other treatments
 - Females 3 - 4 months
 - Males 6 months
- Provides a steady stream of hormone in the blood, 24/7
- Individualized dosing



WHAT ARE PELLETS?

- Pellets are either pure Estradiol or Testosterone hormone
- Pellets originated in 1939 for women who had radical hysterectomies
- Delivery system provides safe and effective BHRT
- Only form of delivery that closely mirrors what the human ovary and testical does.
- It's the delivery method that dictates the bioavailability, absorbability, and the amount and consistency of release.

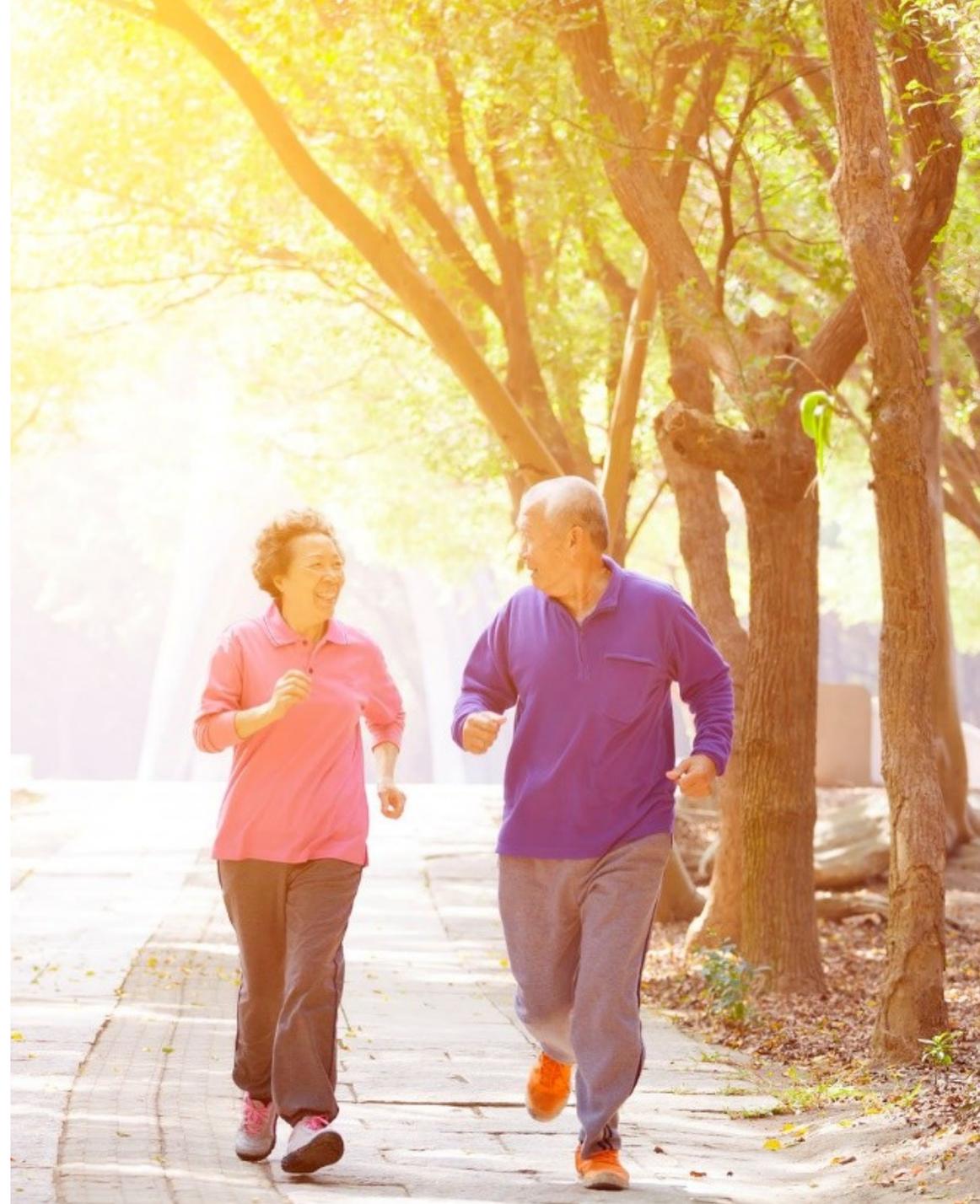


HISTORY OF PELLETS

- Developed in 1939 for women who had radical hysterectomies
 - Salmon, U., et al.: Use of estradiol subcutaneous pellets in humans. *Science* 1939, 90: 162.
- Discussed the use of estradiol and testosterone pellets for the symptoms of menopause
 - Greenblatt, R. (1949). *American Journal of OB/GYN* 57, 244-301.
- Widely used in Europe and Australia since the 1930,s

PELLET BENEFITS

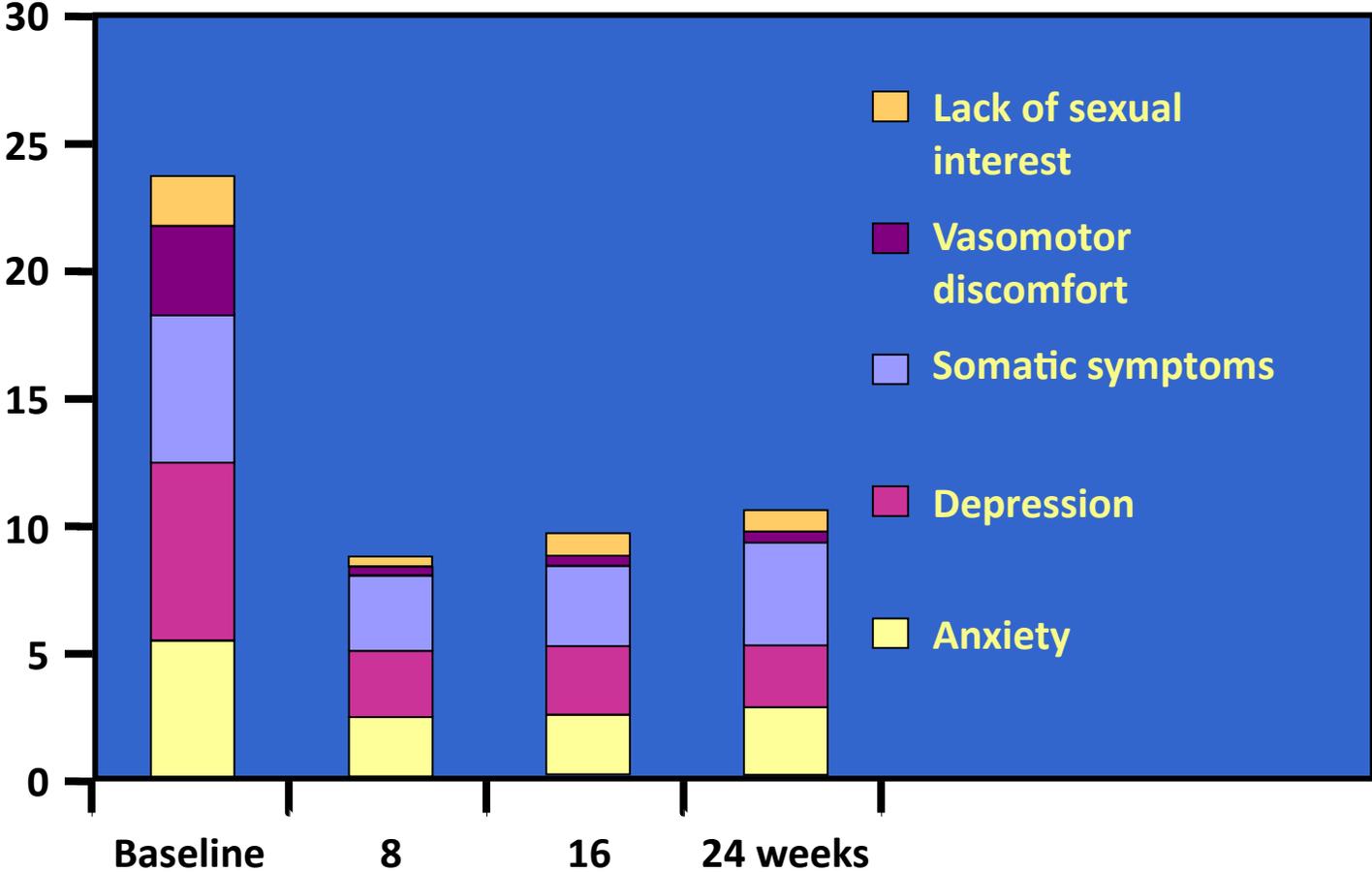
- Keeps estradiol to estrone ratio at 2:1
- Biologically identical
- Constantly available to the body
- Absorbed directly, not taken orally
- Steady state of hormones
 - No roller coaster effect
- Minimal weight gain, if any
- Safe
- Hassle-free



DO PELLETS WORK?



SYMPTOM REDUCTION OVER TIME



Cravioto et al, *Menopause*, Vol 8, 2001

PELLET PATIENTS REPORT

- Increased energy levels
- Restored interest in life
- Increased sexual drive
- Consistency in moods
- Relief from anxiety and depression
- Increased mental clarity
- Decreased body fat
- Greater capacity for getting the body in shape



Susan Davis, et al
Menopause
Vol. 7, No. 6,
pp.395-401

- Conclusion: Estrogen replacement with pellets has effects on body fat in post menopausal women that are associated with improved lipid parameters.
 - decreased total Chol & LDL,
 - Increased HDL,
 - decreased triglycerides.
- Addition of testosterone does not negate the favorable effects of estrogen on LDL Cholesterol.
- Reduction in fat mass seen in both males and females

Conventional HRT

Women's Health Initiative Trial

- 41% increase in stroke
- 29% increase in heart attacks
- 26% increase in breast cancer
- Twice the rate of blood clots



What kind of patient would benefit most from pellet therapy?

Any patient suffering from:

- Peri-Menopausal symptoms
- Menopausal symptoms
- Andropause
- Osteoporosis
- Decreased libido
- Depression
- Parkinson's
- Alzheimers



WHAT'S THE DOWNSIDE?



PELLETS: DOWNSIDES

- Inserted under the skin
- If uterine problem exists, pellets will expose it
 - i.e., Uterine fibroids, endo. Polyps
- Not all pellets are the same and can cause problems in inexperienced hands



PELLET INSERTION

How and where are pellets inserted?

Insertion with a device called a trochar, using local anesthesia

Under the skin “SottoPelle” in subcutaneous area in buttock

Are there any side effects or complications from the insertion of the pellets?

Possible extrusion (<1%) M>F

COSTS OF PELLETT THERAPY

- They often replace 2-3 other medications and co-pays per month
- Replacement of herbs and supplements
- Pellets are dosed every 4-6 months vs. monthly co-pays
- Replaces 2-3 co-pays X 4-6 months =
 - equivalent 8 to 18 co-pays...

HOW ARE HORMONES MONITORED DURING THERAPY?

Pre lab work is for everyone must have lab work before an insertion

Post lab work 4-6 weeks after the insertion

Routine yearly labs



FUTURE OF PELLET THERAPY

- New generation using cutting edge techniques and requesting natural vs. synthetic options.
- I personally think more and more people will want a natural bioidentical hormone, delivered in the manner where they don't have to hassle with it.
- Dr. Tutera developed a new trocar device to make the insertion almost painless and free from bruising.



Thank You!



Ken Sekine, MD

If you would like a copy of this presentation, please contact:



1-855-667-1967