

## **Bio-identical Hormone Replacement Therapy (BHRT) Patient Information**

Bio-identical Hormone Replacement Therapy (BHRT) is customized treatment based on individual patient needs. There is no standard, “one plan fits all” approach because no two patients are affected in exactly the same ways by hormonal imbalances. Although the term “Bio-identical Hormones” generally refers the replacement of estrogens, progesterone and testosterone in postmenopausal women, successful treatment often involves restoration and balancing of adrenal gland and thyroid hormones as well.

### **Patient Requirements for BHRT Treatment**

- **Comprehensive Initial Consultation and Assessment:** Includes introductory discussion of BHRT, health benefits, treatment process and patient responsibilities, initial assessment of symptoms and review of your detailed medical/family history, comprehensive physical exam, appropriate ordering of laboratory tests (blood and saliva) and discussion of personalized treatment plan which will include recommendations for nutrition, nutritional supplements, stress management, exercise and treatment for thyroid and adrenal dysfunction as appropriate.

**Note:** Dr. Coleman will give you an order for blood work (take to lab of your choice; results faxed to Dr. Coleman at 703-552-1943) and a saliva test kit with instructions for conducting the test and mailing the package to the designated lab. Results must be received by Dr. Coleman one week before the first follow-up visit can be scheduled.

- **First Follow-up Visit:** This appointment will be scheduled once blood and saliva test results have been received. During this visit, Dr. Coleman will discuss your test results, the BHRT treatment plan she will have developed and your customized hormone formulations will be ordered. Dr. Coleman will also give you a treatment start date. Your prescription will include the first month’s treatment and two refills (3 month supply). A follow-up visit including results from a second Saliva Test is required before additional refills will be approved.
- **Second Follow-up Visit:** This appointment must be scheduled three months from your first day of treatment. A review of symptoms combined with hormone level results from the second saliva test will allow Dr. Coleman to responsibly make decisions regarding necessary adjustments to hormone formulations or any other component of your treatment plan.
- **Comprehensive Re-Assessments:** These appointments must be scheduled every six months. A complete progress review will be conducted at each appointment. When medically indicated, additional lab tests will be ordered and a follow-up visit will be scheduled to review results and discuss changes to your customized treatment plan as necessary.

**Special Note: Patients are expected to call for an office appointment in the event of adverse reactions, unusual or problematic symptoms.**