



Dr. Caroline Conner
hormone specialist | gynecology | men's health

HORMONE PELLETT THERAPY

What are Pellets?

Pellets are small pills that are placed in the fatty layer under the skin in the buttock area. Pellets are absorbed according to cardiac output and activity level.

What substances are in Pellets?

Bioidentical testosterone and estrogen can be made into pellet forms. These hormones are extracted from yams and compressed into pellet form.

Why should I try Pellets over other forms of HRT?

Pellets are the most biosimilar way to administer hormones to your body's cells as it is needed. Your brain sends out signals to give your body continuous hormones every day. However, your ovaries/testes do not function properly and will create less hormones if any after menopause/andropause. Hormones such as testosterone and estrogen are not absorbed well orally due to their chemical structures. They are oil based so they are absorbed very well when inserted into fatty tissue under the skin. Pellets are the best at recreating a more steady state of hormones versus injections or pills. Pills/injections will have larger fluctuations in blood hormone levels which can lead to more side effects.

Am I a candidate for Pellet therapy?

If your hormone levels are in low range OR you are having symptoms of low testosterone/estrogen you are a candidate for pellets. Pellets can be inserted in both males and females. There is no particular age limit for pellet therapy however most patients are 35 and older. Relative contraindications are history of seizure disorder, recent cardiac event or stroke, prior or current history of breast, uterine or prostate cancer, hypersensitivity to meds, pregnancy or planning to become pregnant in the next 3-6 months, psychiatric disorders or history of severe cystic acne.

How do Pellets get inserted?

A small incision is made on the buttock less than 5 mm. For females 1-3 pellets are inserted with a trocar. For males typically around 8-10 pellets are inserted through a 5 mm incision.



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How long does it take to heal?

Females 3-5 days

Males 5-7 days

When should I start to feel the pellets working?

Anywhere from 3 days to 2 weeks

What will I feel?

More energy, better libido, less anxiety/depression, better workout capacity, better sleep and less hot flashes. Overtime you will feel better and be healthier. There are many long term benefits such as decreased risk of Alzheimers and osteoporosis. Results vary depending on dose and duration of use. Keep in mind HRT will help alleviate symptoms but may or may not completely eradicate them.

Are there any side effects?

Bloating, water retention, occasional facial breakouts, possible increased hair growth on lip, possible hair loss. Side effects can be mitigated by decreasing dose the next round or taking the supplement DIM which is mandatory with the therapy. Rarely pellets may extrude or cause infection.

How long do they last?

3-4 months for females

4-6 months for males

Can they be removed?

No they cannot so it is always better to be conservative on dosing. More can always be added.