

## WHAT TO EXPECT

During your appointment, together we will review your medical history, symptoms, and questions. I will then draw your blood to determine your baseline hormone levels. If you are currently on hormones, please continue to take them as usual until after I see you. If you are on thyroid medication, do not take it on the morning of your appointment; you may take it immediately following your appointment.

Eight calendar days following your appointment I will send you an email that lists the results of your blood work. In the email I will provide you with your hormone levels and the levels at which *most* patients feel best. I prefer not to use the word “normal” when describing hormone levels as your level may be “normal” for someone your age who suffers from similar symptoms. Remember that our goal is to relieve your symptoms, not necessarily hit a target number.

I will then prescribe a combination of hormones. Most of my patients are on testosterone and DHEA. Some of my patients are also on thyroid hormones. The dose of your prescription is based on your symptoms and hormone levels. I prefer to prescribe testosterone in cream form through which the hormones are better absorbed by your body than a pill: Once the hormones in the cream are absorbed by the skin, they are then absorbed directly into your blood supply. DHEA is not absorbed well through the skin so I prescribe sublingual tablets that add the DHEA directly to your blood supply. Thyroid hormones must be swallowed and absorbed through the stomach.

If you have any questions following the email I send to you, please “reply” to my email.

It is important to schedule a follow up visit 6-10 weeks following your initial visit to review your symptoms and to recheck your hormone levels. This is necessary to ensure that you are absorbing the hormones adequately without getting too much of any one hormone. In the email that I will send you, I will offer you dates for your follow-up appointment. After this visit, most of my patients do not see me for one year. If you are having any problems, please email me as we can often tweak your prescription without another appointment. Please allow a couple of days for my reply to your email.

Most of my patients see an improvement in their in their symptoms within six weeks.

Since we are working on improving your quality of life, I believe it is also time to approach diet modification and increased exercise. This will also improve moods and confidence. Remember that all alcoholic beverages are empty calories.

Your prescription:

I will call your prescription into ClearSpring Pharmacy which is one of very few pharmacies who are equipped to compound medications. Walgreens, Target, King Soopers, etc. do not compound. If you have questions about your prescription, please contact the pharmacy first as I will have given them explicit directions. If at any time you wish to use a compounding pharmacy other than ClearSpring, protocol is to call the new pharmacy, tell them that you wish to transfer your Rx to them, and they will take care of the rest.

When you are out of refills, please order a refill from your pharmacy as usual; they will contact my office for authorization should they require it.

Should you handle babies or animals, please avoid contact between the baby/animal and your body part where you applied your hormone cream. Should they make prolonged contact, his/her hormone levels could rise temporarily.

There is an abundance of information on my website: [www.kentonbruicemd.com](http://www.kentonbruicemd.com) – you can find information on the hormones that I will prescribe and other common concerns.

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