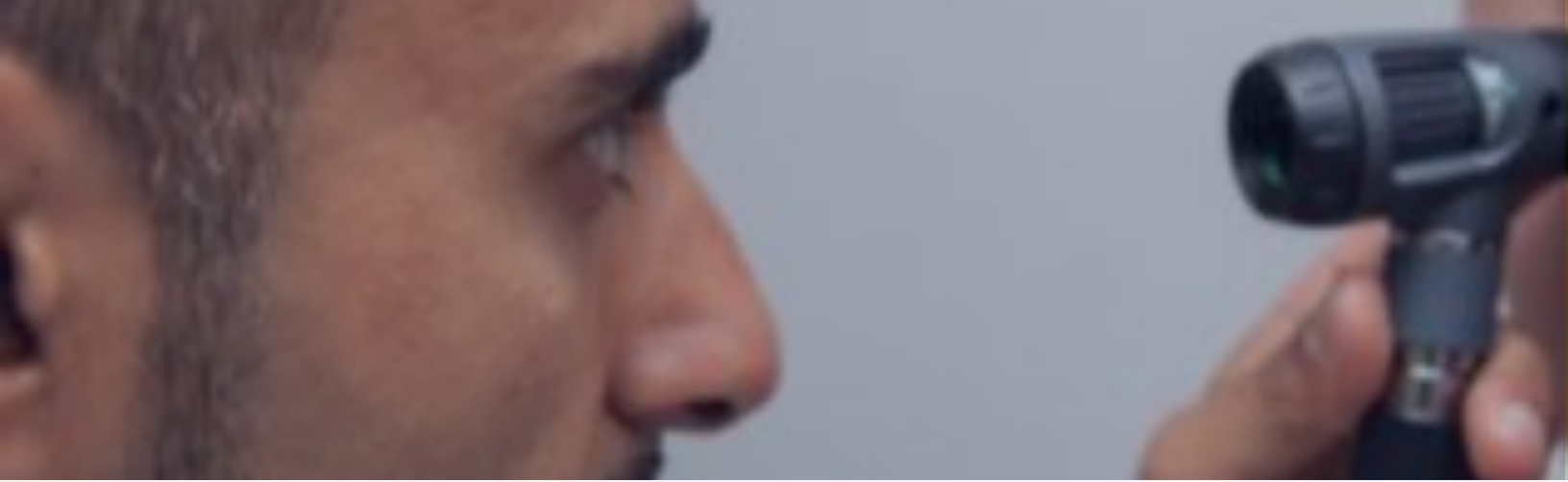


MEDIFY

Intro to Hormone Pellet Therapy



Welcome to Medify

We are a boutique private medical practice, located in the beautiful Shipyards area in North Vancouver.

We have identified a significant demand for hormone optimization for aging men and women. Until now, hormone management has included pills, creams, and injections, all of which has downsides.

We are happy to announce that hormone pellet therapy is now available in Canada with an approved testosterone formulation from BioTE, and Dr. Verma is a pioneer provider of this exciting new delivery method.

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What is hormone pellet therapy?

Hormone pellet therapy is the process of inserting small pellets of bio-identical testosterone and/or estrogen into the subcutaneous tissue of the buttock muscle. The pellets contain nothing more than bio-identical hormone and stearic acid (a safe and commonly used delivery agent).

The hormones will remain in the tissues for:

- 4-5 months for estrogen
- 5-6 months for testosterone

During that time frame, they will slowly dissolve as the body uptakes the hormones.

Is hormone pellet therapy safe?

The track record of pellet therapy has been exceptional. Although we are not familiar with this therapy in Canada, doctors have been preferentially using pellet therapy for decades in USA and Europe.

The totality of research on bio-identical hormones has shown a remarkable safety profile, and pellets simply represent a different way of delivering the hormone that your body is used to seeing. See [BioTE website for more information.](#)

What is the process for the procedure?



You will receive a full document on the process of insertion once you qualify for the procedure. In summary however, the doctor will use sterile technique to insert the pellets into the gluteal subcutaneous tissue. The process takes less than 10 minutes, and only minor pain is experienced. The recovery period is 1 week of no lower body exercise.

Other recommended compounds?

A typical program will also include the usage of a few supplements, and consideration of thyroid hormone. This is because the body works as a complex being, and pellet therapy takes into account the inter-connections of hormones, and safe clearance of hormone from the liver and kidneys. All of the supplements will be recommended by your doctor.

When will I require a repeat insertion, and how many are required?

Repeat insertions are suggested at 5-6 months (for testosterone) and 3-5 months (for estrogen). The requirement of re-insertion is based on symptoms and labs. There is no limit to the number of re-insertions that you can receive through your life.

Cost associated with Pellet Therapy:

The costs that you will incur for a single procedure are:



Initial Appointment - Complimentary

Meet with the doctor for full assessment and approval based on your health history. Baseline labs will be ordered at this visit.



Women - \$700 (per pellet procedure; every 4-5 months)

Men - \$1100 (per pellet procedure; every 5-6 months)

**If you do not qualify for pellets, based on safety issues, or your hormone levels are adequate and do not require the procedure, then pelleting will NOT be performed.*

**Pricing is standard regardless of how much and which hormones (estrogen or testosterone) are given.*

What is included in this fee:

- Pre-pelleting visits with Dr. Verma
- Baseline lab testing
- Pellet therapy procedure with all post-op care
- Follow up visits with Dr. Verma
- Follow up testing for labs covered by MSP
- Additional pellets (in the case that follow up labs necessitate)
- Pellet re-insertion in the case of a pellet extrusion

