

## HORMONE IMBALANCE SYMPTOMS IN MEN

### WHAT IS HORMONAL IMBALANCE?

Hormonal imbalance can occur at any point in your life. It can also be the only state of existence you have ever known. Male hormone imbalance can be brought on by stress, an acute injury or illness, poor nutrition, inadequate exercise and a host of other factors.

### HOW DO YOU KNOW, AS A MAN, THAT YOU ARE EXPERIENCING HORMONE IMBALANCE?

The symptoms of hormone imbalance are vague and often misdiagnosed and ignored. The only way to know is by getting your hormones checked through a blood test.

### WHAT ARE THE MALE HORMONE IMBALANCE SYMPTOMS?

The most common symptoms of hormonal imbalance in men are often disregarded until they impact quality of life so severely that treatment is aggressively sought out.

Some of the symptoms of hormone imbalance in men include:

- Fatigue
- Insomnia
- Headaches
- Weight Gain/Belly fat
- Brain Fog
- Decrease Sexual Performance
- Decrease libido
- Inability to Maintain Muscle Mass
- Depression
- Anxiety
- Diabetes
- Heart Disease
- Osteoporosis



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## BIOIDENTICAL HORMONE PELLET THERAPY FOR MEN



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## HOW CAN SYMPTOMS OF MY HORMONE IMBALANCE BE RESOLVED?

Frequently men reach for coffee, a pharmaceutical medication or one of those "little blue pills" that ignore the cause of their struggles. If you are tired of being sick and tired, consider solving your problems once and for all by seeking Bioidentical Hormone Replacement Therapy (BHRT).



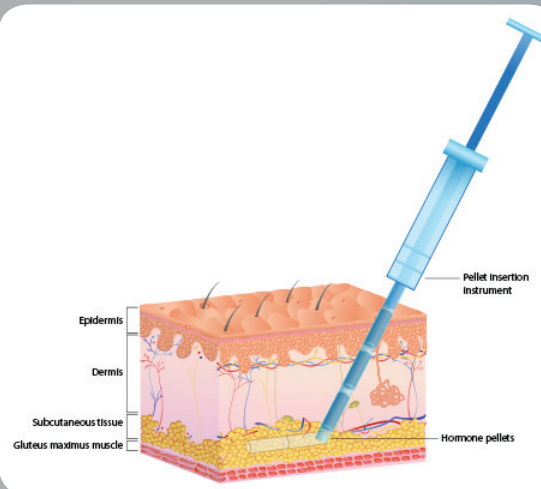
## WHAT IS BHRT?

BHRT stands for bio-identical hormone replacement therapy. Bio-identical refers to how chemically similar the supplemental hormone is to the human hormone in the body. This is in contrast to synthetic hormones which do not have this similarity. Other supplemental hormones such as the ones administered by conventional physicians are not bio-identical. People who lack hormones at certain consistent levels or who have too much of a certain hormone may benefit from BHRT.

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## WHAT IS THE BHRT PELLET INSERTION PROCESS LIKE?

BHRT pellet insertion is fast and simple. First, we start with an appointment to test your hormone levels. Then, your Provider will schedule an appointment to review your test results and insert your customized pellet therapy dosage into an area on your upper hip. Within seven to ten days after your pellet insertion, Bio-identical Hormone Replacement Therapy (BHRT) begins to work.



## HOW CAN I GET STARTED WITH BHRT PELLET THERAPY?

Getting started with pellet therapy is easy. Make an appointment with Melissa Fuller, FNP at Estheva Med Spa to see if you are a candidate. You will receive a lab order form to get the appropriate hormone labs drawn. Once the labs are back, you will return for an appointment to go over the results and place the pellets.

## MELISSA FULLER, FNP-BC



I was born in Aberdeen, SD and later moved to Evanston, WY where I graduated high school in 1994. After high school, I attended the University of Montana and received my RN degree.

For 10 years I worked in many hospitals across Idaho and Montana as a critical care nurse, ICU nurse, and ER nurse. I then went back to school and received my Masters of Nursing degree in 2009 and am now a board-certified Family Nurse Practitioner.

I have worked in local hospitals, a community health center, and have my own family practice at Fuller Family Medicine in Billings Montana. I recently started doing hormone therapy at my new spa location Estheva Med spa, here in Billings I have received advanced training in Bioidentical Hormone Replacement Therapy from BioTe Medical. I love being able to change the lives of my patients through balancing their hormones.

SCHEDULE YOUR FREE CONSULTATION TODAY!



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