

# WOMEN'S HORMONE OPTIMIZATION PATHWAYS

Women's hormone optimization is a medically guided process focused on evaluating and supporting hormone balance in the context of symptoms, health history, life stage, and long-term wellbeing. Care may include estradiol, progesterone, and testosterone, depending on individual needs.

Treatment begins conservatively, decisions are guided by comprehensive bloodwork and symptoms, and care is adjusted gradually over time under medical oversight. There is no single "right" protocol.

**HORMONE OPTIMIZATION PROGRAM \$208 / month**

## TOPICAL CREAMS

### HOW IT WORKS

- Bioidentical hormones delivered via topical creams
- Typically includes estradiol (estrogen) and testosterone
- Applied twice daily: once in the morning and once before bed

### WHAT TO EXPECT

- Requires daily consistency and compliance
- Allows for gradual dose adjustments
- Bloodwork monitored at regular intervals
- Important to follow application instructions carefully

### ADDITIONAL CONSIDERATIONS

- Potential for transfer to others if instructions are not followed
- Must be mindful of proper application and hygiene

### GOOD FIT FOR

- Patients who prefer non-procedural options
- Those who want flexibility without pellet insertion
- Individuals comfortable with daily routines

## HORMONE PELLETS

### HOW IT WORKS

- Brief in-office procedure (approximately 5 minutes)
- Small incision in the upper buttocks
- Bioidentical hormone pellets inserted based on labs, symptoms, body weight, and clinical assessment

### WHAT TO EXPECT

- Slow, steady hormone release over several months
- No daily or weekly dosing
- Return periodically for pellet replacement
- Bloodwork monitored regularly; dosing adjusted at future insertions as needed

### GOOD FIT FOR

- Patients who prefer a "set-it-and-forget-it" approach
- Those who want consistent delivery without daily application
- Individuals seeking fewer day-to-day touchpoints

## MONITORING & ADJUSTMENTS

For both pathways, bloodwork is monitored at regular intervals. Care begins conservatively, and doses can be adjusted up or down based on labs and symptoms. All decisions are reviewed by licensed medical providers to support how you feel while prioritizing safety and long-term health.

## INCLUDED: PROGESTERONE

Oral progesterone is included as part of women's hormone optimization to support sleep, mood, and hormonal balance. Prescribed and monitored based on individual needs.

## ADDITIONAL OPTIONS (OPTIONAL)

*These options may be added when clinically appropriate. Your provider can help determine whether they are a good fit.*

### NAD+ INJECTIONS

\$90 / month

Administered once weekly. Supports cellular energy production and metabolic health. Often used to support energy and resilience.

### GLUTATHIONE INJECTIONS

\$60 / month

Administered once weekly. Supports antioxidant defenses, liver detoxification, and cellular protection. Commonly used for recovery and wellness.