

## BHRT Fused Pellet Implant History

Hormone replacement using pellet implants has been used with great success in the U.S., Europe, and Australia since 1938. In fact, pellet implants were a very popular mode of hormone administration in the U.S. until the 1970s, when many oral and topical commercial products were developed. While the demand for pellets diminished in the U.S., pellet implants continued to be a very popular mode of hormone administration throughout Europe and Australia.

In the last 10 years, due to advances made in processes and a better understanding of the benefits of fused pellet implants for hormone replacement, this mode of hormone administration has grown in popularity in the U.S.

**Over 70 years of research has illustrated the benefits of pellet implants in administering hormones in both women and men.**

- Pellet implants deliver consistent, physiologic levels of hormones.
- The consistent and physiologic dosing has been shown to maintain and improve bone density.
- Pellet implants bypass the liver and don't negatively impact clotting factors, blood pressure, lipid levels, glucose, or liver function.
- Pellet implants have consistently been shown to improve:
  - Cardiovascular Health
  - Sex Drive and Libido
  - Headaches and Migraines
  - Insomnia
  - Hot Flashes
  - Mood and Depression
  - Joint Aches and Pains

Related Research Available By Request.

## College Pharmacy's BHRT Fused Pellet Resources

### Online Resources:

Visit the "Women's Health" and "Men's Health" sections of our website to access research abstracts, hormone evaluations, and popular College Pharmacy hormone publications.

### BHRT Pellet Practitioner Referral:

We are proud to work with many experienced BHRT healthcare practitioners throughout the country that specialize in fused pellet implants. Contact us for a list of BHRT Pellet Practitioners in your community.

### FREE Hormone Consultation:

Contact us to speak to one of our experienced BHRT pharmacists to learn more about our complimentary Hormone Consultations.

*Professional Custom Compounding Since 1974:  
Quality, Innovation, and Experience.*



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BHRT Fused Pellet Implants  
Menopause & Andropause



**BHRT Fused Pellet Implants**  
Convenient • Physiologic • Consistent Dosing

### For Women For Men

Low Libido  
Hot Flashes  
Weight Gain  
Bone Loss  
Migraines  
Insomnia  
Mood Swings  
Memory Fog  
Headaches



# BHRT Pellet Implants: Overview & FAQ

## What Is BHRT?

An individualized approach to hormone replacement therapy, using biologically identical hormones (BHRT), pinpoints a person's exact hormone levels, and what hormones are needed to balance their hormone deficiency. The differences between synthetic and biologically identical hormones are in their chemical structures and functionality. Biologically identical hormones have the same chemical structure as the hormones created naturally in the human body.



## What Are BHRT Fused Pellets Implants?

Fused pellet implants are compounded using biologically identical hormones (most often Estradiol or Testosterone). The hormones are pressed / fused into very small cylinders. College Pharmacy also compounds DHEA, Pregnenolone, Progesterone, Biest, and Testosterone with Anastrozole fused pellet implants.

## Where Are BHRT Fused Pellet Implants Inserted?

Pellet insertion is a relatively simple in-office procedure done under local anesthesia. The pellets are inserted subcutaneously (under the fatty lining of skin), either in the lower abdomen or the upper buttocks through a very small incision. The incision is then closed with surgical glue or sterile-tape strips. If inserted correctly, patients cannot feel the implants under their skin. Implants placed under the skin consistently release small, physiologic doses of hormones, which have been shown to have many benefits.

## How Long Do BHRT Fused Pellet Implants Last?

Fused Pellet Implants typically last between 2-4 months, depending on how rapidly the hormones are metabolized. After insertion of the pellets, vigorous physical activity should be avoided for 2-3 days, or as suggested by the healthcare practitioner. Some patients begin to feel symptom relief within 48 hours, while others may take up to two weeks to notice a marked difference. The pellets do not need to be removed. They are completely dissolved by the body.

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## Are There Any Side-Effects?

Generally, there are minimal side-effects associated with the pellet implant procedure. Complications include: minor bleeding, bruising, infection, and pellet extrusion. Other than slight bruising, the other complications are very rare. Hormone side-effects vary and should be discussed by your healthcare practitioner.

## How Do I Know What Hormones I Need?

Before starting any hormone replacement therapy, patients should work directly with a knowledgeable healthcare practitioner to have hormone testing done to evaluate their personal hormone profile. Based on existing hormone levels and health history, the practitioner will make a hormone replacement recommendation. Once pellets have been inserted, hormone levels will be reevaluated prior to the insertion of the next round of pellets. After the first year of therapy, the practitioner may suggest testing less frequently based upon patient feedback and prior hormone levels.

Visit our website to download a collection of  
**BHRT and Pellet Implant Research Abstracts**  
[www.collegepharmacy.com/BHRTAbstracts.pdf](http://www.collegepharmacy.com/BHRTAbstracts.pdf)

## How Can I Get BHRT Fused Pellet Implants?

BHRT Fused Pellet Implants require a prescription from a healthcare practitioner. It is very important to work with a practitioner that is well versed in BHRT as well as the actual pellet implant procedure. The placement of the pellet and the hormone dosing are extremely important in determining safety and efficacy. BHRT Fused Pellet Implants are most often made by special compounding pharmacies, such as College Pharmacy, using strict United States Pharmacopeia (USP) guidelines.

Contact College Pharmacy to request additional information, or to request a BHRT Fused Pellet Practitioner in your community.

# College Pharmacy: BHRT Pellet Pioneers

## Improving On Over 20 Years of Experience Compounding BHRT Pellet Implants

College Pharmacy has been compounding BHRT Fused Pellet Implants since 1988! As one of the more experienced compounding pharmacies in the U.S., we were one of the first compounding pharmacies to work with healthcare practitioners in the mid-1980s that wanted their patients to have access to this dosage form that had been popular into the 1970s. Unlike earlier versions, our fused pellet implants were created using more advanced compounding technology and BHRT formulations. The entire compounding process is an important "ingredient" in creating a BHRT pellet implant. Unstable pellets that crack or crumble can have a negative impact on the quality of treatment. We have spent many years perfecting the technique to ensure the quality of our materials meets the highest expectations.

## Lipid Matrix Ingredient Enhancement:

We are now compounding our fused pellets with a Lipid Matrix base that improves the pellet consistency and physical compounding process of making the pellets. This change in process provides an overall enhancement in fused pellet quality.

## Improved Color-Coded Sterile Packaging:

We pride ourselves on our sterile compounding capabilities and want to ensure that our packaging reflects the most modern packaging standards. We are now using a convenient tear-away vial top with a septum. This change not only improves our packaging, but it is USP 797 Compliant and adheres to College Pharmacy's strict company wide sterility standards. All vials containing BHRT Fused Pellet Implants are color-coded by hormone for additional safety and convenience.

*Please see the back panel of this brochure  
for resources and contact information.*