

Patient Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Date: \_\_\_\_\_

### PERSONALIZED TREATMENT SUGGESTIONS

Based on careful review of your medical history, current symptoms, and in-depth hormone testing analysis, your medical provider has designed a comprehensive custom treatment plan to restore balance to your hormones. The goal for our patients is to look and feel great.

#### 1. BIOIDENTICAL HORMONES

Hormones	✓	Dosing Form	Amount	How Often	Where	When
Biest					Cream Apply 0.5mL (2 clicks) to your arms, legs, or abdomen. Rotate between these sites. You may apply cream to the external area of the vaginal tissue or inside the vagina for vaginal dryness. Hormone creams are very well absorbed on any of these application sites.	_____ Days 5-26 of cycle
Estradiol						_____ Days 1-26 of the calendar month
Estriol						_____ Every day except Sunday
Progesterone						_____ Twice weekly
Testosterone						_____ At night only
DHEA						

#### 2. ADRENAL SUPPORT

Adrenal hormones (primarily cortisol) directly impact all of the other hormones as well as our energy level, quality of sleep, mood and weight. If your cortisol levels are high, low or fluctuate you may require temporary nutritional supplements.

Supplement	Dose	Morning	Mid-day	Night/Evening
Biotics ADB5 Plus				
Biotics ADHS				
Biotics PhosphatidylSerine				

### 3. THYROID SUPPORT

Thyroid hormones affect metabolism, energy, mood, concentration as well as many other important functions for our health.

	Do not need thyroid medication		
	Do need thyroid medication	Medication:	Dose:
	Thyroid supplements		

### 4. Foundational Nutritional Support

We all need optimal amounts of nutrients to feel good and protect our health. Your provider has selected particular supplements specifically designed to help meet the daily nutritional needs and help address hormone balance for women. Basic nutritional supplements often include multiple vitamin and mineral formulas, vitamin D3, and Omega 3 fatty acids.

Supplement	Dose	Frequency

### 5. Condition Specific Support

Pharmaceutical grade supplements are often required to address hormone symptoms and correct specific types of hormone imbalances. We recommend these supplements for your optimal results.

Supplement	Indication	Dose	Frequency
	Blood Sugar / Insulin		
	Sleep		

## 6. Follow Up Care

Follow up care is essential to monitor your progress. After you start your customized treatment plan per your medical provider's approval, we want to know how you are doing and what adjustments, if any, need to be made. Expect to repeat your hormone testing and see your provider in 3 months after starting your initial treatment plan and then again in either 3 or 6 months. The goal is to have your symptoms significantly resolved as soon as possible.

Schedule your follow up visit: \_\_\_\_\_ 3 months \_\_\_\_\_ 6 months

## 7. Repeat Testing

It is vital to make sure you and your labs are improving. This helps your medical provider determine if your treatment plan, including prescriptions, is right for you or if you need a slight adjustment. Expect to repeat hormone testing before your 3 month and 6 month check up. By doing so, we will have these lab results on hand to review with you. As a courtesy, we will call to remind you when to repeat your labs.

You are due to repeat these labs: \_\_\_\_\_

Approximate Date: \_\_\_\_\_

## 8. Dietary Recommendations

\_\_\_\_\_

Core Plan

\_\_\_\_\_

\_\_\_\_\_

## 9. Questions / Concerns / Refills

If you have questions or need refills, please call our pharmacy or your medical provider. If you feel as though you may need a dosing change or have in depth questions, you may need to see your medical provider in order to provide you with optimal care for your concerns.

## 10. Additional Recommendations

\_\_\_\_\_

\_\_\_\_\_

Provider Name: \_\_\_\_\_

Signature: \_\_\_\_\_