

# Advanced Immune Wellness

Ron Mariotti, ND

## Hormone Replacement Therapy (HRT)

Hormone replacement therapy provides significant benefit to those who are in need of this. However, it is not without its risks. It is my goal to minimize those risks and optimize the benefits associated with HRT. Towards that end I have a few requirements and recommendations in order for you to receive a prescription for HRT.

**I require the following:**

- 1) **Meridian Valley urine hormone testing.** The average cost of this is \$320 per test plus a \$75.00 lab review fee to cover the time outside of regular office visit that is needed to review the lab results.
- 2) **An office visit** to cover the lab results and discuss risks, benefits and side effects of taking exogenous hormones. This will be scheduled after your Meridian Valley urine test results are completed. \$165.00
- 3) **Please read and sign the individual Key Pharmacy documents outlining the risks, benefits and side effects of HRT.** I will provide you with a document on Estrogen, Progesterone, DHEA, and Testosterone.
- 4) **A follow up visit one month after being on HRT to review any side effects and/or complications and adjust the dose of your hormone prescription accordingly.** \$165.00
- 5) **Meridian Valley urine hormone testing 3 months after being on HRT.** This is to ensure that the dose you are on is correct. The average cost of this is \$320 per test plus a \$75.00 lab review fee to cover the time outside of regular office visit that is needed to review the lab results.
- 6) **An office visit** to cover the lab results and discuss your progress. This will be scheduled after your Meridian Valley urine test results are completed. \$165.00
- 7) **Agreement to take the following supplements to help support liver function and support optimum detoxification.**
  - a. **DHEA-25** (60 caps) *Vital Nutrients*. If labs indicate a need for this. Take one cap a day with food, if need, as indicated by the urine labs. One bottle will last ~ 2 months - \$14.90.
  - b. **OncoPLEX SGS** (60 caps) *Xymogen*. Take one cap a day with food. One bottle will last ~ 2 months - \$99.75.
  - c. **Hormone Balance** (120 caps) *Vital Nutrients*. Take one – two caps twice a day with food. One bottle will last ~ one to two months - \$63.80.
  - d. **CDG EstroDIM** (60 caps) *Ortho Molecular Products*. Take one - one cap twice a day with food. One bottle will last ~ 30 days. \$65.40
  - e. **There may be other recommendations based on your labs and symptoms.**

**I recommend the following:**

- 1) **A hormone blood test** (fractionated estrogen, testosterone, DHEA-S and progesterone) to confirm and provide additional data to help determine the need for HRT.
- 2) **Meridian Valley urine hormone testing as needed**, depending on your original labs as well as the possible occurrence of any side effects. I recommend a minimum-testing interval of at least every 9 months to 1 year. This is to help improve your outcomes as well as to help mitigate any possibly complications and guide the appropriate dose of hormones. The average cost of this is \$320 per test plus a \$75.00 lab review fee to cover the time outside of regular office visits needed to review the lab results.

My signature indicates my agreement to the above requirements and my understanding to the above recommendations.

My signature also indicates that I have the following personal past medical history of cancer:

None \_\_\_\_ (initial)

Cancer's listed: \_\_\_\_\_

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Patient

\_\_\_\_\_  
Signature of Patient