



THE BIOTE® METHOD OF HORMONE OPTIMIZATION

At Crosslinks Family Practice, we are a Certified Provider of the BioTE Method of hormone optimization therapy. We offer patient-centric strategies to optimize hormones and extend healthspans for both women and men.

FOR EXAMPLE ONLY

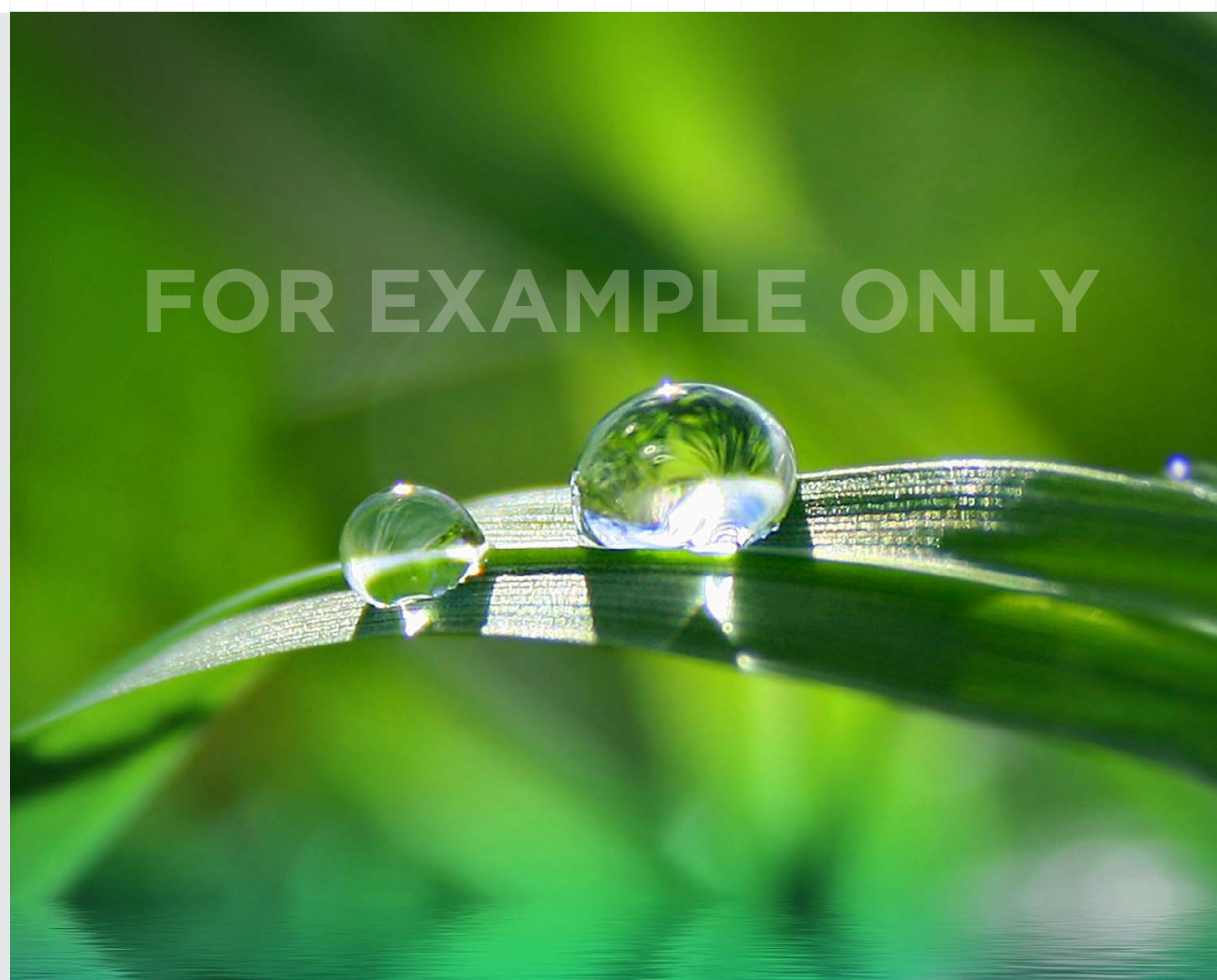


WHAT IS BIOTE MEDICAL?

BioTE Medical, a leader in precision and preventive medicine has translated over 80 years of scientific insight into clinically validated medical protocols that identify and treat the earliest indicators of aging. We work with each of our patients on an ongoing basis to analyze symptoms and lab results using a specially designed dosing algorithm to develop a unique treatment plan.

WHAT IS BIOIDENTICAL HORMONE REPLACEMENT THERAPY?

The BioTE method of bioidentical hormone replacement therapy uses custom-compounded pellets (approximately the size of a grain of rice) that contain doses of testosterone and estrogen. These hormones are bioidentical to those already present in the body and work to restore hormones to optimal levels. The pellets are placed subcutaneously in the buttocks and release a continuous stream of hormones as the body needs them. Once inserted, the pellets dissolve slowly, so that they only need to be re-administered every 4-6 months depending on the patient.



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THE IMPORTANCE OF HORMONE BALANCE

For men and women, the sex hormones estrogen, progesterone, and testosterone perform several important processes. Both men and women begin to produce less of these hormones as they age, which can start as early as someone's mid 20s or early 30s. Most women see a significant drop in estrogen and testosterone during menopause, while many men may experience a similar phenomenon relating to testosterone, known as andropause. Hormonal imbalances occur when there is too much or too little of a hormone in the bloodstream. Hormones are important for regulating most major bodily processes. Because of their essential role in the body, even the smallest hormonal imbalance can cause side effects throughout the body.

HORMONE IMBALANCE SYMPTOMS FOR WOMEN:

- Fatigue
- Night sweats
- Hot flashes or flushes
- Decreased sex drive
- Weight gain
- Trouble sleeping
- Irritability
- Anxiousness
- Mood swings
- Low mood
- Discomfort during intercourse

HORMONE IMBALANCE SYMPTOMS FOR MEN:

- Low sex drive
- Fatigue
- Loss of muscle mass
- Increased body fat (especially in the waist area)
- Decreased bone mass
- Mood changes
- Low mood
- Irritability
- Brain fog
- Elevated blood sugar
- Stress
- Anxiousness
- High cholesterol



BIOTE® CLINICAL GRADE NUTRACEUTICALS

BioTE clinical-grade nutraceuticals are often a necessary component of healthier aging and provide important nutritional support for vitamin and mineral deficiencies that may have created health deficits that have often been accumulating for years. BioTE nutraceuticals are specifically formulated to support hormone and thyroid optimization. They deliver improved, personalized outcomes for those patients with health deficits resulting from poor food quality, poor food choices, stress, health conditions, excessive alcohol intake, and drug-nutrient depletion.



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BIOTE® PRESCRIPTION PEPTIDE THERAPEUTICS

Peptides are found in every cell and tissue and perform a wide range of essential functions. Peptides are biologic messengers carrying information from one tissue through the blood to another. After careful research, BioTE identified patient-specific peptides that provide a health advantage that further supports healthy aging. Peptides not only support hormone optimization, they also serve to optimize the cell's efficiency to handle stressors, enhance libido, support the efficiency of intestinal absorption, improve recovery time, optimize liver, heart, and brain efficiency, optimize sleep, and increase fat burning and lean muscle mass building.

GETTING STARTED

Getting started with hormone optimization is easy. Give us a call to schedule a consultation to discuss your symptoms and health goals and schedule a lab test. We will walk you through hormone optimization and help you determine if nutraceuticals and peptides are right for you.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.