



Hormone Replacement Therapy (HRT) at WellKC - Overview

We love helping women feel their best with HRT, and we only manage these medications in the safest ways possible.

Summary of Main Points -

- **You will need an appointment 1 month after any changes then labs and an appointment every 3 months when on a stable regimen**
- **You need to be up to date on breast cancer and cervical cancer screenings**
- **You need to check your blood pressure at least every 3 months**
- **You may need a pelvic ultrasound prior to HRT then every 3 years**

More Details -

We only prescribe **bioidentical** hormone replacement formulations. Their molecular and chemical structures are identical to the hormones produced in your body and they are derived from natural sources - typically plants like yams, soy, or cactus.

Alternatively, synthetic hormones are made in a lab, are not made from natural sources, and their structure is very different from your natural hormones.

This makes bioidentical hormones safer and more effective.

After we start any new medication OR make an adjustment to a medication, we will have a follow up appointment in approximately 4 weeks to check in, see how you are feeling, and address any changes, questions, or concerns.

We will always check labs and have a follow up appointment at least every 3 months. If you are overdue for labs or an appointment, we may not be able to refill your medications.

Our goal with HRT is to relieve any bothersome symptoms, improve your physical and mental health, prevent future health problems, and help you feel like and be your best self again.

THESE INSTRUCTIONS ARE MEANT FOR CURRENT WELLKC PATIENTS. IF YOU ARE NOT A CURRENT WELLKC PATIENT, THIS INFORMATION IS FOR GENERAL INFORMATIONAL PURPOSES ONLY AND IS NOT INTENDED AS A SUBSTITUTE FOR PROFESSIONAL MEDICAL ADVICE, DIAGNOSIS, OR TREATMENT. YOU SHOULD ONLY TAKE MEDICAL ADVICE FROM A PROVIDER WHO HAS SPECIFICALLY EVALUATED YOU AND HAS AN AGREED ON PROVIDER - PATIENT RELATIONSHIP.

IF YOU ARE INTERESTED IN BECOMING A PATIENT, PLEASE REACH OUT THROUGH OUR WEBSITE:

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For most HRT, we require the following:

- Labs - Initial labs prior to starting any treatment then repeat labs every 3 months
- Blood pressure and heart rate - At least every 3 months. This can be checked at home, a medical office, a pharmacy, etc. This is a good blood pressure cuff to purchase for home use: [Amazon - BP Cuff](#)
- Pap smear - If you have an intact uterus, this needs to be up to date per guideline recommendations - typically every 3-5 years if normal. We will need a copy of these results.
- Mammogram - Age 40 and older - You need to have a mammogram every 1-2 years. Under age 40 - We recommend at least 1 screening mammogram prior to starting HRT. If you are under 40, you may need to pay out of pocket for this.
- Pelvic ultrasound - If you have an intact uterus - We recommend having a pelvic ultrasound prior to starting HRT then at least every 3 years if normal. This is to evaluate your uterus and endometrium for any abnormalities. If something was abnormal or you were to have the start of a tiny cancer somewhere, estrogen therapy could potentially cause this to grow or progress faster. This ultrasound is strongly recommended, but it is NOT required UNLESS you are having abnormal uterine bleeding.

Anytime you have updated test results, please send them to us by uploading them to your patient portal. If you need an order for any of these tests, let us know, and we will send that to you. We cannot start or refill certain HRT medications without each of these items up to date.

Why do we need all of this?

HRT does NOT cause cancer, but if you were to already have any tiny, early cancer in your breast, uterus, or cervix, giving you supplemental hormones could potentially cause this cancer to grow faster (although this is still very rare). We also need to monitor you and your labs regularly to ensure that we are treating you in the best and safest way possible.

If you experience side effects from HRT, they are typically pretty mild and resolve with a little time adjusting to the medication. Some side effects are related to a dose that is too high and just needs to be adjusted, or we may need to change the form of medication that we are using. We always start at very low doses and slowly work our way up as needed. If you ever have any bothersome side effects or have any concerns or questions, please reach out to us right away. We are here to answer your questions and work alongside you to optimize your health.

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