

Hormone Restorative Therapy

Arlington Office

716 Lincoln Square
Arlington, TX 76011
817-429-2929

Initial Visit: Before your first appointment for Hormone Restorative Therapy our office **must have the following documentation on file**. When these documents are in our office you can then schedule your first appointment with our Doctor to discuss your Hormone Therapy. We cannot schedule your appointment without the required documentation – **no exceptions**.

Required documentation for Women:

1. Current Mammogram report. This report must be dated less than ONE YEAR prior to your initial appointment.
2. Current Pap Smear report. This report must be dated less than THREE YEARS if last pap smear was within normal range and less than ONE YEAR if abnormal, prior to your initial appointment. *We do not perform or request mammograms, pap smears in our office. Please see your primary care physician to schedule these tests.*
3. After both 1 and 2 above are received in the office, women will need to complete hormone testing by mail with a Saliva kit. Cost of the kit is \$185.00 and results will be sent to our office. The kit must be mailed to the lab not less than 2 weeks before your appointment. You do not need an appointment to purchase your saliva kit.

Required documentation for Men:

1. No documents prior to visit. We will do PSA, Testosterone and Metabolic Panel prior to first visit.
2. Your cost for all lab panels will be \$195.00 and testing will be done in the office prior to your first visit. You WILL need an appointment to have your blood drawn in our office.

Office Visits: You will be asked to return monthly so that adjustments may be made to the dosage of the hormones and/or supplements. Once your hormones have stabilized, you will be required to return to our office in six months for a re-check. On your six month visit it will be necessary to measure your hormone levels by repeating the saliva test/blood test so that you will be able to continue therapy.

Prescriptions: Hormone therapy prescriptions will be written to provide enough refills to last until your next scheduled office visit. If you are unable to make your appointment due to unforeseen circumstances, a one month refill may be issued (at the Doctor's discretion) to allow time for you to reschedule your appointment without having to discontinue your therapy. **If your rescheduled appointment is missed, we will be unable to issue any further refills until you see the Doctor.**



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Existing Weight Control Patients Who Start Hormone Therapy: Initial consultation – Cost Waived

Women – You must purchase and mail a saliva hormone test kit to the address listed on the box not less than 2 weeks prior to your first hormone appointment. Results must be reviewed by our doctor before he can see you for hormone treatment. The saliva kit can be purchased from our office for \$185. Men – You must have the testing outlined above for \$195 on the first visit

Follow-up Appointments - Existing weight patients can combine their weight appointments with their hormone appointments for a charge of \$150. If you choose to have separate weight loss and hormone appointments the weight loss appointment will be the customary \$110 and your hormone appointment will be \$110.

Six Months Lab Re-check for Hormone Levels – Women will be required to do the saliva test again. You will purchase the kit from our office for \$185 and mail it in for your results. Men will repeat testing for \$195.

Patients who want Hormone Restorative Therapy only: Initial Consultation - \$110.

This charge includes consultation with our Doctor. All testing and Rx is additional .

Women – You must purchase and mail a saliva hormone test kit to the address listed on the box not less than 2 weeks prior to your first hormone appointment. Results must be reviewed by our doctor before he can see you for hormone treatment. The saliva kit can be purchased from our office for \$185. Men – You must have the testing outlined above for \$195 on the first visit

Follow-up appointments for hormone therapy patients will be \$110.

Six Months Lab Re-check for Hormone Levels – You will be required to do the hormone testing again. Women will purchase the kit from our office for \$185 and Men will have testing done in the office for \$195.

ALL CHARGES ARE DUE AT TIME OF SERVICE and YOU MUST HAVE AN APPOINTMENT FOR ALL SERVICES
(with the exception of picking up your saliva kit)

Your compounded hormones will be an additional cost to you and the cost can vary by the pharmacy you choose to have compound the prescription for you.

PAYMENT: We do not accept checks in our office. We do accept credit cards, debit, or cash. **We do not file insurance for any of our services.** If your insurance will cover the lab work it might be more affordable if you have your primary care physician request your lab for you. See below for the required testing. If you choose to have your blood drawn in our office a super bill will be provided for all services performed. This super bill may be submitted to your insurance company for reimbursement.

Payment to our office is due, in full, the day of service.



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If you would like to bring current lab work from another doctor the results **must** contain the following with **no exceptions**. All results must be dated less than six months prior to your initial appointment.

We will need these results two weeks before your hormone appointment so our doctor can review them.

Required Test Results for Women

- ☐ FSH
- ☐ Testosterone
- ☐ TSH
- ☐ Estradiol
- ☐ Testosterone
- ☐ Free and Total with SHBG
- ☐ uE3
- ☐ LH
- ☐ Progesterone
- ☐ Free T3
- ☐ Free T4
- ☐ DHEA non-sulfate
- ☐ Estrone (E1)
- ☐ Estriol
- ☐ Lipid Panel
- ☐ CMP
- ☐ CBC

Required Test Results for Men

- ☐ Testosterone
- ☐ Estradiol
- ☐ FSH
- ☐ LH
- ☐ Free T3
- ☐ Free T4
- ☐ SHBG
- ☐ PSA
- ☐ TSH
- ☐ Lipid Panel
- ☐ CMP
- ☐ CBC