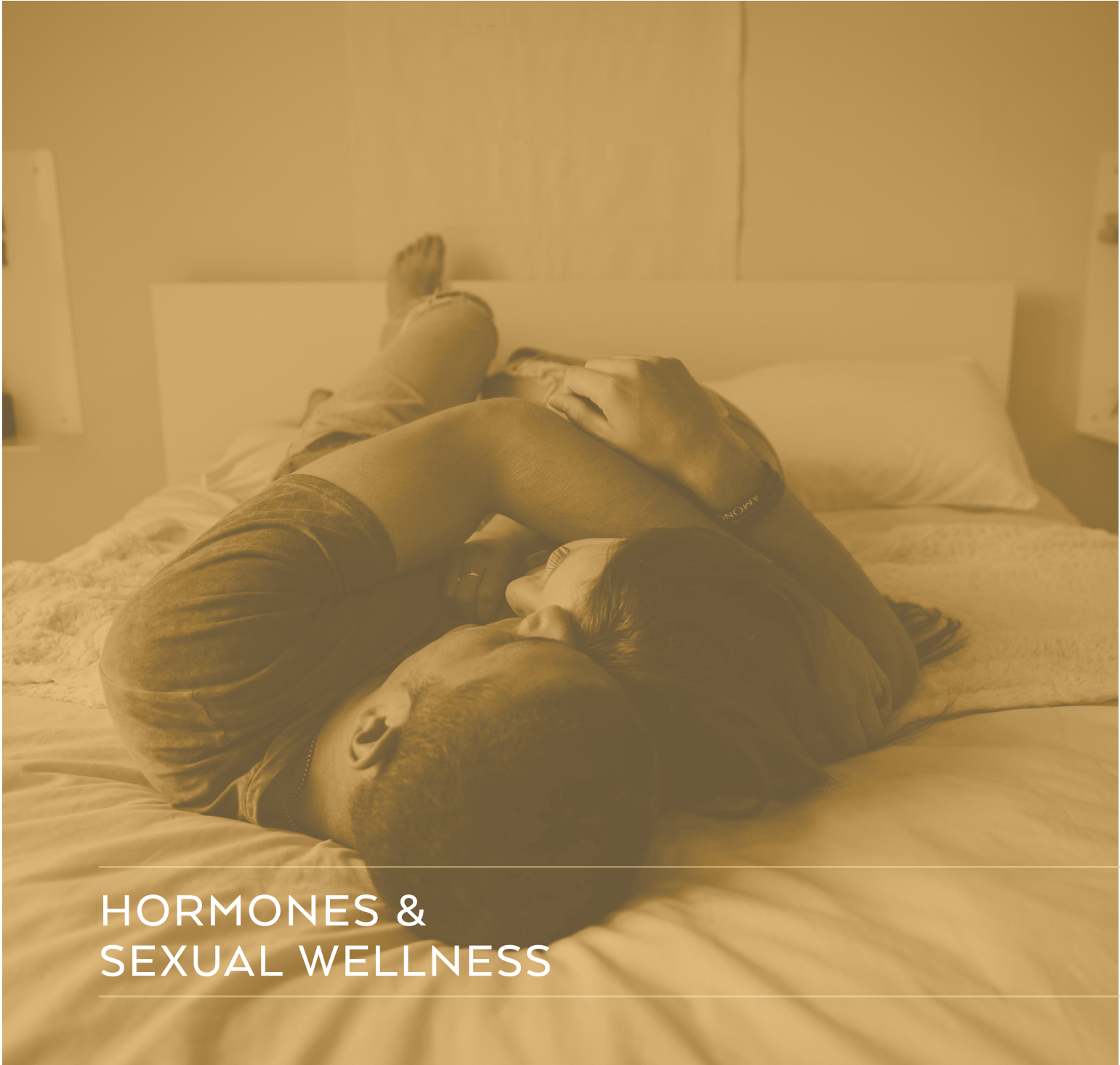




OPTIMAL SELF^{MD}



HORMONES &
SEXUAL WELLNESS

hormone wellness

BIO-IDENTICAL HORMONE OPTIMIZATION

When we lose our hormones, the aging process accelerates.

Commonly known as perimenopause or menopause in women, and andropause in men, hormones often decline as we hit our 40's and 50's. Symptoms can vary, but commonly include fatigue, disturbed sleep, aches and pains, brain fog, mood changes, loss of muscle, fat gain, and low libido. For some people, it can be life altering and interfere with the ability to enjoy life, work performance, and relationships.

What can I do?

Hormone replacement is a solution, and there are many options. At OptimalSelf MD, we believe in a comprehensive approach. Dr. Katherine optimizes hormone levels with natural, "bioidentical" or human-identical hormones. Hormone optimization is a process by which levels of hormones throughout the body are normalized with implantable pellets, creams, capsules or sublingual troches. In addition, thyroid and adrenal function is addressed and supported, and key nutraceuticals may be recommended, leading to peak levels of health and well-being. Safety is of primary concern, so regular mammograms and labs to monitor response to therapy are a very important part of your treatment plan.

HORMONE PELLETS

One popular way these hormones can be delivered is in the form of slowly absorbing pellets. They are placed just under the skin with a minor office procedure, and in just a few days you can return to your normal active lifestyle and exercise routine. The pellets remain within the body and consistently provide the dosing that the body requires. Pellets for women last 3 to 4 months, and for men 5 to 6 months. Pellet therapy is a great choice for many people.

HORMONE CREAMS

Another method of delivering hormones to the body is with fast absorbing creams or gels. These are custom formulated according to your needs and applied daily to maintain consistent levels.

INJECTIONS, TROCHES AND SUPPOSITORIES

Troches are dissolvable tablets or squares that are designed to deliver hormones in the mouth through the mucous membranes. Suppositories can be in the form of small "pearls" that are inserted vaginally and absorbed. For some patients injections are the preferred method.

Is Hormone Replacement safe?

Bio-identical hormones are very powerful tools, and when used correctly are very safe. Proper dosage along with monitoring levels and paying attention to how your body responds is the key to safely using hormones to get your life back.

How do I get started?

The process involves an initial phone consultation, completing intake questionnaires, performing screening blood tests, and an in-office consultation and exam with Dr. Katherine to confirm that your symptoms are caused by low hormone levels. During the consultation, she will make sure you are a good candidate based on your medical history and symptoms. At the lab follow-up, she will go over your test results and make recommendations. You may even be able to get started on treatment that same day.

sexual wellness

FOR WOMEN AND MEN

At OptimalSelf MD, we believe sexual wellness is an essential part of good health. For that reason, we have developed and are proud to offer regenerative therapies to improve sexual health and functioning in men and women.



For both men and women, changes in sexual function can have a very significant impact on self-esteem and can affect relationships. Difficulty achieving or maintaining an erection and/or concerns about penile size, shape and curvature commonly happen to men as they age. Decreased sexual pleasure for a woman can stem from poor lubrication, pain with intercourse, decreased sensation, and difficulty or inability achieving orgasm. With increasing age, the blood vessels in the pelvis and sexual organs can collapse or breakdown resulting in lack of circulation, and the nerves can become less sensitive, resulting in difficulty with arousal. We offer a customized treatment plan that factors in your symptoms and your goals in order to get the best results possible.

THESE OPTIONS INCLUDE:

THE OPTIMAL SHOT™

TRIPLE-OH!™

STAMINAWAVE™

NONSURGICAL VAGINAL REJUVENATION WITH VIVEVE™

Meet the Optimal Shot™

FOR WOMEN AND MEN

The Optimal Shot uses Platelet-Rich Plasma (PRP) from your own bloodstream to stimulate cellular renewal and repair. Platelets, the sticky cells in our blood that help form clots, release potent growth factors when stimulated. The growth factors and proteins released by the PRP activate stem cells, promote collagen production, and initiate new blood vessel and nerve cell growth at the site of injection. Additionally, we now provide the option of turbo-charging your PRP with natural biologics of superior quality providing peptides, growth factors, stem cells and exosomes derived from human amniotic fluid.

What benefits can a man have from the Optimal Shot?

- Stronger, firmer erections
- Increased sensitivity in the penis
- Easier to achieve and maintain erections
- Greater self-esteem
- Improvement of penile curvature & pain from Peyronie's Disease
- Resolution of penile pain with erections
- Better overall blood flow to the penis

What benefits can a woman have from the Optimal Shot?

- Decreased or completely resolved pain during sex
- Increased ability to have vaginal orgasms
- Stronger and more frequent orgasms
- Greater arousal from clitoral stimulation
- Increased vaginal lubrication
- A tighter and more elastic vaginal canal
- Younger, smoother skin of the vulva
- Improvement of overactive bladder and/or urinary incontinence



STAMINAWAVE™ FOR MEN

Commonly called shock-wave therapy, Acoustic Pressure Wave Therapy (APWT) was originally used to treat sports injuries and plantar fasciitis, but now has evolved to safely and effectively address mild to moderate erectile dysfunction. APWT is one of the most advanced, effective natural treatments for cellular repair and rejuvenation throughout the body. It is virtually painless and results can be seen in as little as 2 weeks. Trademarked names for shockwave therapy include StaminaWave™, Gainswave™, Corewave™, Rejuvawave™ and Swisswave™. We use a focal pressure wave device from Storz Medical in Germany. For best results, combine with the Optimal Shot.

TRIPLE-OH!™ FOR WOMEN

This treatment consists of non-invasive low intensity sound waves that pass through tissue, restoring natural function by activating dormant stem cells, and encouraging the growth of new blood vessels and nerves. Based on the great results seen in men, we are now customizing this therapy for women. This is a virtually painless regenerative procedure. The resulting improved blood flow helps to increase vaginal lubrication, restore tightness and thickness of tissue, regenerate nerves, and increase the intensity of orgasm. We recommend a series of 4 treatments spaced 1-2 weeks apart. For best results, combine it with the Optimal Shot.

NON-SURGICAL VAGINAL REJUVENATION

To complete the array of options for women, we also offer non-surgical vaginal and vulvar rejuvenation. Depending on a woman's needs, this can include radio-frequency laser treatment with Viveve™ for vaginal laxity and sensation, the use of PRP, natural biologics, and/or hyaluronic acid filler to restore fullness to the G-spot and the labia majora, as well as tightening of the vulvar skin. After a consultation, we can provide you with more details and recommendations specifically for you.





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