




BALANCE
MY HORMONES®


Bespoke HRT


BESPOKE UK TRT & HRT SERVICES

We support you on your journey to optimal hormone balance

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WHY USE BALANCE MY HORMONES?

Balance My Hormones was founded by Michael Kocsis, who underwent testosterone replacement therapy over 20 years ago at the age of 22. After seeing the benefits of treatment he became a big advocate of hormone therapy for those that need it.

From his experience with hormone therapy in America he saw there was a dire need to bring the kind of knowledge and expertise to the UK and Europe.

Balance My Hormones was founded in 2016 to help men and women through the journey of hormone treatments that are made difficult if not impossible from the NHS or other private offerings.

Unlike other TRT/HRT clinics many of our employees are long-standing patients of hormone therapy themselves. They have a strong desire to help others who find themselves in the situation they were once in. Because they have first hand experience of the misery of hormonal imbalance and the confusion around the safety and efficacy of treatment.

Michael Kocsis is the founder of Balance My Hormones and underwent testosterone replacement therapy himself over 20 years ago. He understood what it was like to navigate a medical system that neither cared nor understood his condition – low testosterone.

As a result, he set up Balance My Hormones to help people like you to help regain your health through hormonal imbalance, without being fobbed off or being made to feel like a criminal.

Many members of our team themselves are on hormone replacement therapy. We know what it's like to feel frustrated, scared and confused – both about your symptoms and hormone therapy itself. And that's why we're here for you. We're not just some faceless online company. We have a genuine passion to serve in an area that misunderstood by doctors and patients alike. Our doctor partners are experienced practitioners with a passion for safe and effective care.

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SERVICES

► Low Testosterone Treatment for Men

Balance My Hormones provide a range of treatment options to help men and women treat low testosterone. Our primary focus is resolving the unpleasant symptoms you may be experiencing from low testosterone and managing your treatment plan so that you can get on with enjoying life. We understand that there is no 'one size fits all' approach for testosterone deficiencies and that's why we work closely with you and our doctors to establish the exact symptoms you have before making the necessary treatment recommendations.

Our doctors will speak to you about your symptoms and then take some blood samples. We require two blood tests, one which will check your overall health and another that is specifically designed to check every aspect of your testosterone levels. It's important that you take our comprehensive blood test first which will check for underlying issues as there are many bodily functions that need to be checked as well as your testosterone levels. You can get started with both blood tests by visiting our testosterone blood testing page.

► HRT for Women

Balance My Hormones provide Bioidentical Hormone Replacement Therapy (BHRT) only. It is possible to get synthetic HRT however it is not identical to natural hormones produced in the body and has a 50% drop out rate after one year of being on it. This is why we recommend and only treat patients with BHRT which mimic the natural hormones found in your body. If you are a suitable candidate for BHRT you can obtain it on prescription through our doctors and they may offer you the following ways of administering BHRT:

- Topical creams / Gels
- Lozenges

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► HGH Treatment

Hormones: The Fountain of Youth?

Human Growth Hormone (HGH) Can Slow Up the Ageing Process

Growth Hormone Secretion

Growth hormone is released mostly at night during deep sleep from the anterior pituitary gland. Normal secretion is in a pulsatile fashion. Growth hormone is released in response to a hormone called growth hormone releasing hormone (GHRH) and there are peptides that mimic this hormone that can also stimulate release of your natural growth hormone.

A negative regulator of growth hormone releasing hormone is somatostatin which ends the pulsing release of GHRH resulting in a decrease of HGH and ultimately IGF-1. GH stimulates production of IGF-1 (insulin-like growth factor 1) in the liver and other tissues such as skeletal muscle. IGF-1 circulates through the bloodstream and will most likely be bound the most common binding protein of which there are 6 named IGFBP-3.

Because GH release is pulsatile in nature, it is difficult to measure it as it's release fluctuates throughout the day. Therefore, we look at the release of IGF-1 to determine the health of both your HGH production and release.

► Balanced TRT with HCG

Doctors sometimes prescribe HCG when there are concerns around the size of a man's testes or when maintaining fertility is important for starting a family. It's important to get expert advice when considering HCG and to learn the HCG on cycle and process for it to work with your TRT treatment.

Testosterone is more than just a sex hormone, levels in your body may affect a variety of functions from mood and cognitive ability to cardiovascular health, muscle mass and body fat. Testosterone deficiency in men or low testosterone is often called the 'male menopause' or andropause because of its effects. You may have already started treatment elsewhere, but are unsatisfied with the results. Both unbalanced testosterone replacement therapy and low testosterone values can lead to a variety of symptoms that we can help you treat.

► Gynaecomastia Treatment

This is a common condition where there is breast enlargement in males. Some say as many as one in three men will develop it at some stage in their lives and it can cause distress, anxiety and lack of confidence. Some people just develop it for no good reason, where for others there will be a cause. Common causes include:

Treatment

- ✦ Some cases will just get better naturally where some will need treatment to make it go away.
- ✦ If it has been there for more than a year then it is unlikely to resolve on its own.
- ✦ Anything causing it should be resolved (medication, thyroid trouble etc).
- ✦ Treatment is best early as if it lasts for more than a year it is harder to resolve.
- ✦ Medication
- ✦ Testosterone replacement therapy
- ✦ Anti-oestrogens (Tamoxifen, Letrozole, Clomid)
- ✦ Surgery – should be considered as a last resort, but some people feel the benefits outweigh the risks.



► Erectile Dysfunction (ED) Treatment

Erectile Dysfunction can be described as erection that is not sufficient to achieve or maintain the desired performance for a satisfactory sexual experience. Men suffering from low testosterone will often complain of weak erections, or the lack of morning erections, or the inability to maintain an erection.



Treatment

- ✦ Testosterone
- ✦ PDE5 Inhibitors
- ✦ Prostaglandin Analogues injected into the penis before sexual activity (alprostadil, caverject)
- ✦ Prostaglandin Analogues inserted into the urethra with insertion device (alprostadil Muse device)
- ✦ PRP-Platelet Rich Plasma Treatment (unapproved use)
- ✦ Stem Cells- (unapproved use as not approved by regulatory agencies but data to demonstrate effectiveness in small studies)
- ✦ Bremelanotide, sold under the brand name Vyleesia for women (unapproved use and difficult to titrate) also can improve sexual desire (libido).
- ✦ Shockwave therapy at clinic
- ✦ The Rocket- home shockwave therapy device (pending approval, CE)

► Testosterone Blood Tests

What testosterone blood tests are needed to start TRT or HRT?

The British Society of Sexual Medicine (BSSM) guidelines recommend a minimum of 2 separate blood tests, performed on differing days, to determine if there is a testosterone deficiency.

In addition, prior to commencing therapy, baseline tests must include Full blood count, Biochemistry, Kidney and Liver Function Tests, Lipid Profile and hormones.

If you are looking to begin your TRT/HRT journey, or just would like a blood test to look at hormone levels, then using one of the blood tests below will allow you to do just that.

If you would prefer not to use the buttons below or are unsure which is right for you please call 02039003209 and an experienced team member will help you find the correct tests and take your order over the phone.

There are a large number of blood tests available, not just general health and hormones screening but we have assembled the most relevant tests needed below to allow you to get started on your hormone balancing journey.

Why use our testosterone blood testing services?

Accurate Results, Reliable Service

Confidential- Personal information and results are kept private and secure through individual patient portal access.

Discreet Packaging- Blood test kits are sent in double layer packaging with no mention of our service or what the contents may include.

Accredited Labs process your results and are regulated by CLIA and uphold the highest standards. (Link to information below.)

Balance My Hormones are the original TRT treatment company in the UK, you are in safe hands.