

FREQUENTLY ASKED QUESTIONS

Q: Why use TruBalance Healthcare for hormone therapy?

A: TruBalance recognizes that your hormone profile and the way you respond to hormone therapy are as unique as your fingerprint. TruBalance Healthcare are the “Human Identical Hormone Experts” in Canada. We are the only company in Canada with a comprehensive hormone therapy program including a ‘physicians network’ across Canada for patient referrals, continuing education for healthcare providers and the latest in leading laboratory technology.

Q: What is the difference between saliva testing and serum (blood) testing ?

A: Saliva tests measure “free” hormones (2-5% of the hormones in a person’s body), which are the hormones that are available to go to work for you - stimulating receptor cells and carrying out the tasks they are designed to perform. In contrast, serum testing generally measures the “total” hormones, which includes those hormones already bound to protein and unavailable for your cells to use.

Q: Do you have clinical studies that support the use of saliva testing?

A: Yes. Upon request. Ask your TruBalance Specialist to provide you, or your healthcare provider, with a bibliography of saliva test research spanning the past 30 years.

Q: How do I order a saliva hormone test?

A: Your BHRT healthcare provider initiates the process by completing and signing the Lab Test Requisition Form and ordering your saliva test kit by faxing it to TruBalance Healthcare at 866.418.9343. An easy-to-use test kit is sent to you with complete instructions for collecting saliva samples in the privacy of your home and returning the samples to our lab for analysis. Your healthcare provider will notify you when your lab test results are in.

Q: Will insurance or OHIP cover my tests?

A: TruBalance Healthcare accepts most major credit cards – Amex, Master Card and Visa. Payment is required before the test kit is sent to you. You (the patient) will have to submit receipts to your insurance company directly. All healthcare providers that practice BHRT in Canada are not covered by OHIP.

Q: Does a licensed healthcare prescriber have to enroll me or order my saliva test?

A: Any healthcare provider who can order lab testing can order your saliva lab test.

Q: How soon will my lab test results be ready?

A: Results take approximately 5-10 days from the time Access Labs receives your samples. Lab results will be sent directly to your healthcare provider, at which time your healthcare provider will book a followup appointment to go over results and suggestions for your customized prescription therapy.

Q: Once I have been tested – what information does my healthcare provider receive?

A: Your healthcare provider will receive the saliva lab results via fax.

Q: How does the TruBalance Bioidentical Hormone Program benefit me in the future?

- A:** BHRT will help you feel like yourself again, even through the ups and downs of hormonal change.
- With accurate testing we can track your hormone levels
 - Monitor hormone levels over time so therapy can be adjusted sooner rather than later
 - Educating physicians & healthcare providers

BOOKS

- **HOW TO ACHIEVE HEALTHY AGING**
Why Everyone Should Replace Hormones & The Medical Literature (2nd Edition)
By Neal Rouzier, MD | WorldLink Medical
- **DON'T LET YOUR DOCTOR KILL YOU: HOW TO BEAT PHYSICIAN ARROGANCE**
Corporate Greed and a Broken System
By Dr. Erika Schwartz MD (Author) with Melissa Jo Peltier
- **TESTOSTERONE FOR LIFE: WHY MEN FAKE IT**
The Totally Unexpected Truth About Men and Sex
By Abraham Morgentaler, MD
- **THE HORMONE SOLUTION**
Naturally Alleviate Symptoms of Hormone Imbalance from Adolescence Through Menopause
By Erika Schwartz, MD (order book through TruBalance Healthcare)
- **SEXY FOREVER; BREAKTHROUGH: 8 STEPS TO WELLNESS; AGELESS**
The Naked Truth About Bio-Identical Hormones
By Suzanne Somers
- **I'M TOO YOUNG FOR THIS!**
The Natural Hormone Solution to Enjoy Perimenopause
By Suzanne Somers & Prudence Hall M.D.

WEBSITES

- **NEAL ROUZIER, MD**
www.worldlinkmedical.com | Preventive Medicine Clinics of the Desert, Palm Springs, Calif
www.hormonedoc.com
- **MARK GORDON, MD, ENDOCRINOLOGIST**
Millennium Health Centers, Inc.
www.millenniumhealthcenters.com
- **SANGETTA PATI, MD**
SaJune Institute for Restorative & Regenerative Medicine
www.sajune.com
- **ERIKA T. SCHWARTZ, MD**
E/S Evolved Science New York & London UK
www.drerika.com

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BIOIDENTICAL HORMONE REPLACEMENT THERAPY (BHRT), AGE MANAGEMENT AND COSMECEUTICALS FOR WOMEN

INDIVIDUALIZED HUMAN IDENTICAL HORMONE THERAPY WITH HORMONE AND RATE OF BONELOSS TESTING, PATIENT SEMINARS, AND PHYSICIAN CONTINUING EDUCATION



IF YOU ARE JUST GETTING STARTED WITH HORMONE THERAPY, TRUBALANCE HEALTHCARE PROVIDES A COMPREHENSIVE PACKAGE OF INDIVIDUALIZED SERVICES. OUR EXTENSIVE TEAM WILL WORK WITH YOU, AND YOUR BHRT HEALTHCARE PROVIDER, PROVIDING TOOLS, LAB TESTING, AND INFORMATION NEEDED TO MAKE THE BEST THERAPEUTIC DECISIONS FOR YOU AS AN INDIVIDUAL.



THE TRUBALANCE CLINICAL PROGRAM INCLUDES

BASELINE HORMONE MEASUREMENT

- Analytical measurement of saliva or blood is used to determine a baseline profile of your hormone levels. Estradiol, Estrone, Progesterone, Testosterone, T3/T4, DHEA, Adrenals and Cortisol evaluation is recommended for women; Estradiol, Testosterone, Dihydrotestosterone, DHEA, and Cortisol for men. Individual hormone and Thyroid testing plus Urine NTx Boneless Assessment is also available.

CONTINUING EDUCATION SEMINARS - FOR PHYSICIANS AND HEALTHCARE PROVIDERS

Clinical Takeaways from the TruBalance Healthcare BHRT Seminars:

- Discuss clinical treatment protocols using bioidentical hormones in treating PMS, fibroids, fibrocystic breast, endometriosis, peri-menopause, menopause, osteoporosis and to help with

the prevention of breast cancer, alzheimer's and dementia.

- Learn how to use saliva testing to determine adrenal function, diagnose hormonal imbalances and thyroid dysfunction.
- Understand the limitations of serum testing for hormone levels and FSH.
- Discuss case studies including the use of the bioidentical estrogens/ progesterone/testosterone with saliva hormone profiles for different hormonal imbalance states.
- Discuss Women's Health Initiative findings and its clinical implications implications – The KEEPS Study Kronos Early Estrogen Prevention Study.

FOLLOW-UP TESTING AT 3 MONTHS

- Follow-up hormone testing is suggested at every 3 months. Annual estradiol/progesterone/testosterone hormone & thyroid testing for women, and estradiol/testosterone testing for men.

WHY IS TESTING EVERY 3 MONTHS SO IMPORTANT ?

RE-TESTS HELP YOU AND YOUR HEALTHCARE PROVIDER

- Fine-tune your individualized hormone therapy
- Avoid the side-effects and health risks of under or overdosing

HOW DO YOU START THE PROCESS?

Speak to your BHRT healthcare provider about having your hormone levels tested.

ONCE YOUR HEALTHCARE PROVIDER HAS ORDERED THE SALIVA KIT

- We then mail you the saliva kit with sample collection instructions.
- You return the kit with your samples to TruBalance Healthcare in Canada.
- Once your samples are analyzed, a case manager at the lab receives your test results and sends them to your healthcare provider. Your healthcare provider sets up a 2nd appointment with you to go over your lab results & hormone treatment.

HORMONE LEVELS TESTED EVERY 3 MONTHS TO OBTAIN OPTIMUM LEVELS

- You take your prescriptions for three months. After this period, your healthcare provider will need to order a hormone saliva collection re-test kit or blood tests.
- You will return the kit with your samples to TruBalance Healthcare in Canada.
- After discussing your new lab results with you, your healthcare provider will then make changes to your therapy program.



GET STARTED TODAY !

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**THE BIOIDENTICAL HORMONE
(HUMAN IDENTICAL)
EXPERTS IN CANADA**