

Bioidentical Hormone Balancing

Dr. Kristen Steely has been practicing bioidentical hormone balancing for seven years. She celebrates a high success rate and extremely high patient satisfaction to those who follow the plan.

On the first hormone consult, Dr. Steely meets with her patients for one hour to discuss one's unique hormone challenges and hormone related symptoms. A thorough hormone questionnaire and detailed health history will establish just which hormone panel will be ordered. You will leave with the saliva test kit in which will be completed at home and mailed to the laboratory.

As soon as test results are received, in approximately 2-3 weeks our office will call you for a follow up visit. At this visit Dr. Steely will review your test results and a detailed, written plan for action on how the imbalances will be addressed using bioidentical hormones. If possible we ask that a spouse or family member come to this visit so they can be supportive and understand the advised protocol.

After 4-6 weeks, a first follow up visit will be completed and any problems addressed and successes celebrated. Follow up saliva test panels will be ordered after clinical improvement is noted. Individual results vary. Duration of hormone supplementation will vary by case.

In order to continue program and be successful, patient must follow schedule of care advised by Dr. Steely. This schedule is necessary to monitor changes, adjust dosage and add other bioidenticals if necessary. It would consist of follow up visits every 5-8 weeks. If patient does not comply with follow up visits, the patient will be released from program.

Fee schedule for Hormone Testing-

First hormone consultation visit	\$150
Saliva hormone testing panel	\$176
Bioidentical Hormones	\$27-\$45
Follow up consultations	\$60
Follow up saliva testing	\$26-\$50

Average cost of 120 day program including lab testing, 2 office visits and supplements- \$500.00

Average cost of HRT program at other clinics- \$2,500.00