

## **SottoPelle® Standard of Care**

SottoPelle® Therapy was created by Gino Tuteria MD, FACOG (a board-certified Obstetrician and Gynecologist) in 2002. In 1992 and through his clinical trials and academic research, he first discovered this method, refined the science behind hormone replacement therapy to create SottoPelle® Therapy. During the beginning years of utilizing pellet therapy, he furthered his knowledge and understanding of how they work. Most importantly, he was working on how to individualize the dose for every person. At that time, very few in the United States knew about pellets and how to use them. The initial way to treat patients was to give everyone the same dose regardless of age, size, weight, and issues.

SottoPelle® Therapy is an all-natural bio-identical hormone replacement therapy specializing in subcutaneous testosterone and estradiol pellets. This method was first used in 1937 in England and Australia. Our mission statement is Safe and Effective. The use of biologically identical, non-synthetic, testosterone, and estradiol is safe as proved in numerous articles since 1939. The use of pellets as the delivery method provides is effective. The delivery method of pellets allows for the continual release of the hormone - the key to improving brain and muscle function. Other delivery methods result in sporadic or a “roller coaster,” affecting the delivery and release of hormones within the body. These methods include pills, patches, injectables, and creams. Literature shows that the use of pellets and all-natural testosterone carries less risk compared to synthetic testosterone.

SottoPelle® continues to set the industry standard for excellence and effectiveness for Hormone Replacement Therapy (HRT) using pellets. We have been training and teaching providers since the mid 1990s on how to bring pellet therapy into their practice. Our founder, Dr. Gino Tuteria, discovered the importance of making sure everyone received their own dose. He developed individualized patient dosing and thus set a new standard for treating patients into place in 1993.

SottoPelle® developed a web-based dosing system: Dosaggio™ to ensure that patients receive a precise, personalized, and optimal dosage of hormones. As providers, we are equally committed to you and supporting your success with SottoPelle®. Consistency of care and dosing is critical to patients and following specific guidelines ensure that all SottoPelle® Trained Physicians maintain high and proven standards.

As you already know, other forms of HRT rely on a “one-size-fits-all” approach, leading to an influx of hormones in amounts that may not be necessary. The resulting side effects are counterproductive to patients trying to rid themselves of

side effects in the first place! SottoPelle® is the only fully-customized form of hormone replacement therapy dosed by prescriptive and ongoing lab work. The patented Dosaggio™ enables SottoPelle® Trained physicians to provide this customized dosing to patients.

Once accurately dosed, the patient receives a precise, personalized, and optimal dosage of the hormones they need, exactly when they need them, efficiently recreating the body's natural physiological balance – the guesswork is eliminated.

SottoPelle® dosing and treatment requires that every patient receive lab work before treatment. Due diligence is required as with any other medical treatment, and the requirement of labs on patients before insertions is critical for the following reasons:

1. **Diagnose:** rule out any other medical conditions that might be causing patient symptoms or complaints.
2. **Dosing:** establish a baseline at the start of patient care for dosing and continuity of care.
3. **Continuity of Care:** doing labs at set intervals is required to track the patient's response and progress to the treatment. Ongoing prescriptive lab results and/or patient-reported response may require readjustment of dosing.
4. **Monitor Patient Health:** it is the SottoPelle® medical protocol to consistently follow up on the patient's blood work throughout treatment and accurately monitor patient health.