


M.D. NEWS

A BUSINESS AND LIFESTYLE MAGAZINE FOR PHYSICIANS



Bio-Balance's hormone pellet therapy restores a women's vitality, energy and well-being. Kathy Maupin, M.D., leads by example—keeping fit with a personal trainer at Fitness Edge.

She's Ba-a-ack!

How Hormone Imbalance Takes Life Away and Bioidenticals Bring It Back

She's Ba-a-ack!

How Hormone Imbalance Takes Life Away and Bioidenticals Bring It Back

By Jane Palisch

Throughout the years as an OB/GYN, Kathy Maupin, M.D., FACOG, had treated hundreds of women who came to her looking for relief from the symptoms related to hormone imbalance before, during and after menopause. Some cases were mild and easily remedied, others more difficult to treat and, for yet another group, traditional hormone replacement therapy provided limited to no relief and with risks and side effects of its own.

But this time, something was different. The patient's complaints mirrored almost all the physiological, mental and emotional effects of hormone imbalance. In fact, her symptoms read like a textbook checklist: insomnia, depression, difficulty thinking, increased abdominal fat, lack of motivation, chronic fatigue, migraines, weight gain, forgetfulness, low energy, lack of libido. Although the symptoms were typical, their severity was not. This woman's symptoms — particularly the chronic fatigue from lack of restful sleep and impaired stamina — were dramatically impacting not only her professional functioning but also her additional roles as wife and mother. It was ruining her life ... and she was only 47.

Dr. Maupin inserts hormone pellets with Laurie Sills, R.N., MSN, APRN, BC.



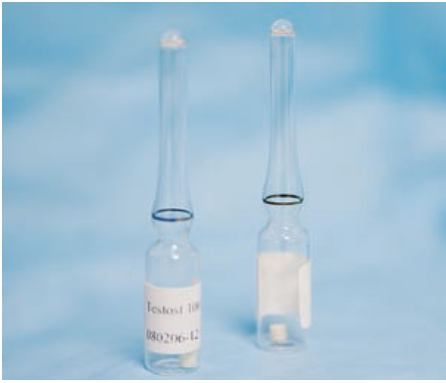
PHOTO BY WESTRICH PHOTOGRAPHY

She had consulted with other medical professionals and tried the usual treatments, but had found no relief from the debilitating symptoms. Maupin optimistically hoped that some of the more contemporary treatments using various forms of bioidentical hormones would alleviate the symptoms ... still no relief. It was one of the worst cases Maupin had ever seen and, as one of the “go-to” physicians in St. Louis — known for her clinical expertise in effectively treating this condition — she was frustrated. She had consulted with every medical professional she knew to be well versed on the subject, scoured every pertinent medical journal and Internet website and tried every pharmacological option available to her, without success.

Of course she was frustrated. Kathy Maupin, M.D., FACOG, one of the area's leading gynecological experts in treating hormone imbalance was unable to treat *herself*! She was rapidly losing her professional and personal identity to the effects of a typical female biological and endocrinological process. At this point (after having had a hysterectomy), Dr. Kathy Maupin's status as one of the area's leading gynecological experts in treating hormone imbalance was of no benefit to her. In

fact, she had come to the difficult and desperate conclusion that the only option she had was to resign from her practice of medicine because she could no longer function in the physical capacity nor endure the hours she demanded of herself. At the top of her “To Do” list: call disability insurer.

“It was scary. It was identity shaking. I was so tired and so disheartened. In addition to the severe fatigue and depression, it took all my strength to think clearly, which is integral to my practice. I had given up,” Maupin says. In what she describes as “divine intervention,” Maupin's life reached a turning point. While at the hospital awaiting a patient's imminent delivery, a labor and delivery nurse observed Maupin's fatigued and depressed state. When Maupin explained the crisis in her life and how she had exhausted every option for treatment, the nurse offered some life-changing information: her brother, an OB/GYN



Testosterone and estradiol pellets are compounded for BioBalance 4 Women by Bellevue Pharmacy.

in California, had been successfully treating hormone imbalance in women for nearly 20 years using bioidentical hormones inserted (in pellet form) under the skin. According to his patients, the treatment method provided results like no other. Within five days, Gino Tutera, M.D., Medical Director of SottoPelle, a Center for Hormonal Balance and Well Being, was on a plane to St. Louis to meet with Maupin. It was a journey that changed her life *and* her medical practice. “He (and his treatment method) was just the answer I was searching for,” she says.

The treatment that she says “has really saved my life” involves bioidentical hormone pellets the size of a grain of rice inserted under the skin of the upper hip. Within hours of her initial treatment, Maupin could feel a difference. “The first night I slept — I mean *really* slept. I dreamed, and that’s significant because I had not had restful sleep — the kind where you dream — in ages,” she says. Prior to his visit, in addition to making an appointment for treatment, Maupin had arranged to complete clinical training on the procedure and management of hormones with Tutera so that she could bring this life-enhancing treatment to her practice and to the women of St. Louis.

“Dr. Tutera trained me, as well as my staff of nurse practitioners and nurses. We work as a team, and we have a lot of fun making women feel like their old — usually younger — selves again,” she says. Thanks to Tutera, Maupin and hundreds of St. Louis area women are no longer experiencing the sometimes paralyzing effects of hormone imbalance. In August 2002, Maupin established a second specialty practice to treat perimenopausal disorders called BioBalance 4 Women. Within

BioBalance 4 Women patient consults are conducted as a team with Dr. Maupin and nurse practitioner Sandy Redhage, RN-C, MSN, WHNP.



Dr. Maupin teaches physicians and patients about BioBalance 4 Women’s hormone therapy. Shown here speaking at a national conference on bioidentical hormones in Colorado Springs, CO, September 2005.

a seven-state area in the Midwest, BioBalance 4 Women is the only practice of its kind that uses primarily bioidentical testosterone and estradiol pellets to restore the hormone levels of women whose hormones are declining or are below the levels that ensure vitality, energy and well-being. Since beginning the practice, Maupin has treated more than 2,000 women with a 90 percent success rate. “I have not been this healthy since I was 35. I’m back!” she says.

While relatively new to the St. Louis area, hormone pellet treatment initially began in Europe and the United States in the late 1930s. It

She’s Got the Look

BioBalance 4 Women is getting a new “look,” and so are many of the patients and staff at Dr. Kathy Maupin’s West County specialty practice. In conjunction with the practice’s revolutionary bioidentical hormone pellet therapy that helps women dramatically look and feel better, Maupin is introducing BioBalance 4 Women face and body products. Although she says there’s no substitute for daily exercise, balanced whole foods and spiritual care, Maupin says that once women are re-energized and restored to their pre-menopausal levels of vitality through pellet therapy, these new products enhance the rejuvenation process by bringing back their skin’s youthful look and quality.

In partnership with a national botanical and medical spa laboratory, Maupin has custom-formulated products for a basic, four-component skin care routine — easy to use and organized by skin type. “I knew the chemistry behind it ... it’s creative — a bit like cooking combined with organic chemistry — and I like doing creative things,” she says. When searching for a medical spa lab with whom to partner, she wanted “great products ... with natural botanical content and essential oils.” Next on the list was simplicity and ease of use. “I think it’s the best stuff I have ever used. I took great products and customized them by adding a few things,” Maupin says.

Although originally designed to complement the physiological and mental restoration achieved through BioBalance’s hormone pellet therapy, women of all ages have tried the new face and body products and love the look. In addition to using natural ingredients, the new products are, of course, safe to use in pregnancy — a must in this successful OB/GYN’s busy practice.

For more information, visit BioBalance 4 Women’s website: www.biobalance4women.com.



Dr. Kathy C. Maupin attends the signing of the Torte Reform Law by Governor Matt Blunt in 2005.

has been used successfully with current clinical studies demonstrating its effectiveness and superiority above other hormone replacement methods. At this time, however, the treatment is FDA monitored, but the estrogen-testosterone combination is not yet approved for female hormone replacement.

Testosterone? For women? You bet. What many women don't know is that testosterone is the missing hormone that contributes to essential qualities of a woman's life, including thought process, libido, bone density, muscle mass and helping to prevent some types of depression. According to Maupin, each woman has a perfect blood level of both testosterone and estradiol (the youthful of three forms of estrogen). In the normal aging process, levels of both hormones drop and cause many of the not-so-desirable side effects of perimenopause. Unlike oral, topical or vaginal synthetic hormones, bioidentical hormones (made from botanicals) replace exactly what the body has lost, in a form biologically identical to that which the body produces in youth.

While some patients and other medical clinicians question the necessity and safety of administering testosterone to women, Maupin feels that, used in combination with estrogen in pellet form, testos-

BioBalance 4 Women is a team of female health professionals, headed by Dr. Kathy Maupin.



terone makes all the difference in the world. "We are not taught about testosterone in our training, so not many (clinicians) know much about it — even men's testosterone is hard to replace in synthetic forms," she says. "There are other bioidenticals — sublinguals, injections, suppositories — but the primary difference is that the absorption and effectiveness of testosterone (in other forms) is minimal." With regards to safety and side effects, Maupin says testosterone is less risky than synthetic hormone replacement. "There's no cancer it feeds. It only makes us better ... it makes us like we used to be at 35!"

Although Maupin is a tried-and-true believer in the therapy, she does not discount other treatment methods. "More than 60 percent of women are OK with standard treatment or no treatment at all. I don't try to convince those who are happy with their current treatment to switch therapies. I know which (treatment methods) have which limitations," she says.

Women interested in learning about or determining whether they are appropriate candidates for bioidentical hormone pellet therapy undergo health history assessment, blood work and a consultation to determine their current hormone levels and the dosage necessary to restore them to health, Maupin says. Regarding the name of her hormone pellet therapy practice, Maupin explains that the numeral "4" in BioBalance 4 Women represents the four elements of a woman's life that can be restored with the therapy: physical, mental, emotional and spiritual health.

Women with symptoms of hormone imbalance and medical professionals interested in the **who** (medically appropriate candidates), **when** (women need pellets inserted every three to six months), **where** (Maupin's St. Louis or Kansas City-area BioBalance private practice locations) and **how** (quick, easy, in-office surgical insertion) of this innovative hormone replacement therapy can find out that information and more on the BioBalance website: www.biobalance4women.com.

As far as personal testimonials go, no one need look any further than Kathy Maupin, M.D., FACOG, one of the area's leading gynecological experts in treating hormone imbalance ... and one of many extremely satisfied patients. ■

BioBalance 4 Women

10806 Olive Blvd.
Creve Coeur, MO 63141
(314) 993-0963

4400 Broadway, Suite 204
Kansas City, MO 64111
(816) 753-6552
www.biobalance4women.com