



KATHY C. MAUPIN, M.D.
GYNECOLOGIST
BOARD CERTIFIED

Education

M.D., University of Missouri-Columbia, 1981

Certification

American Board of Obstetrics and Gynecology, 1989 and re-certified, 1998

Hospital Affiliations — St. Louis

Missouri Baptist Medical Center, 1995-present
St. John's Mercy Medical Center, 1985-present
St. Luke's Hospital, 1997-present
Healthsouth-West County Surgery Center, 1992-present
Healthsouth-North County Surgery Center, 1994-present

Professional Affiliations

St. Louis Metropolitan Medical Society
Vice President (2002-2003)
Secretary (2001-2002)
Council (1999-2001)
St. Louis GYN Society
President (2002-2003)
Vice President (2001-2002)
Missouri State Medical Society
Delegate (1999-2003)
American Medical Society, American Medical Women's Association,
American Association of Women Surgeons, American Endocrine Society

Political

Author of the Women's Healthcare Initiative which became law in Missouri in 2000---protecting women's rights to receive care from OB/GYNs without a referral, including mammograms, bone density testing and coverage for birth control pills.
Founder of St. Louis Political Action Committee: "Physicians for Sound Healthcare Policy"

Charitable Associations

Junior League, 1990-present
University of Missouri Development Council--Jefferson Club, 1995-present
St. Louis Women's Hospital Planning Committee--Board, 1998-present

BioBalance 4 Women is committed to helping our women patients elevate their personal vitality in four areas:

Physically—Overcoming the ailments associated with hormonal imbalance and insufficiencies is the first priority. The problems listed inside this brochure are physical in nature and most can be remedied through the use of pellet therapy.

Mentally—A lack of mental clarity due to hormonal imbalance or insufficiencies need not be a way of life for any woman. Pellet therapy helps eliminate “fuzzy” thinking and restores the sharpness you once possessed.

Emotionally—No longer does a woman need to ride the emotional roller coaster caused by hormonal imbalance or insufficiencies. Pellet therapy enables greater emotional stability, calmness, enthusiasm, and an elevated sex drive.

Spiritually—Deep within the heart of every woman is the need to know they have purpose, meaning, and fulfillment. If the physical, mental, and emotional aspects of a woman's life are restored to their proper balance and the clutter and “noise” of imbalance are diminished or eliminated, the ability to focus upon one's spiritual development is greatly enhanced.

BioBalance 4 Women

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BioBalance 4 Women

Elevating Women's Vitality:
Physically,
Emotionally,
Mentally,
and Spiritually



ST. LOUIS
KANSAS CITY
www.biobalance4women.com



Hormone replacement therapy (HRT) need not be “scary.” With all the growing concern about HRT, and its lack of consistency in alleviating my patients’ symptoms related to hormonal imbalance and insufficiencies, I began an aggressive search for better treatment options.

In 2002, I had the privilege of meeting and spending some time with Dr. Gino Tutera, the founder and Medical Director of *SottoPelle—A Center for Hormonal Balance and Well Being*, in Palm Desert, California. Since 1992, Dr. Tutera has treated more than 1,000 women using bio-identical hormone pellets. The results have been nothing short of incredible!

After several conversations with Dr. Tutera, I did some research of my own and then decided to use the hormone pellets myself. I was convinced within 24 hours that this was what I had been looking for! I noticed better sleep, increased energy and endurance, and a sense of confidence that I had not experienced since I was 35. I decided to share my discovery and formed my new practice: *BioBalance 4 Women* opening offices in St. Louis and Kansas City, Missouri.

Pellet therapy is not new, it has been used in the United States since 1939. As wonderful and effective as it is, it has not been part of “mainstream” medicine in America, but that is beginning to change. Pellets are identical to our own hormones and cannot be patented, so they have been ignored by the major pharmaceutical firms. Clinical studies during

the past decade have proven the superiority of pellet therapy, and the remarkable impact it has had on the women who use it.

Pellet therapy uses bio-identical, all-natural estrogen and testosterone, delivered by tiny pellets inserted just under the skin usually near the upper hip. The pellets serve as a reservoir of hormones which the body accesses as needed. Most women need pellets inserted only every three to six months.

We, as women, require just a small amount of hormone to bring us to that youthful state we enjoyed prior to peri-menopause. Pellets deliver a consistent level of hormone and outperform oral, patch, and cream prescriptions, with fewer side effects and using only a fraction of the hormones that oral HRT treatments do.

Typically, women who suffer from hormonal imbalance and insufficiencies also suffer from many of these symptoms:

- Lack of libido
- Depression, anxiety and irritability
- Night sweats, hot flashes and poor sleep
- Migraine and tension headaches
- Lack of energy
- Arthritis
- Difficulty thinking and remembering names
- Lack of balance and frequent falling
- Dry eyes
- Vaginal dryness, bladder infections and incontinence
- Lack of confidence and sense of well-being
- Osteoporosis

No woman I know wants to settle for a life filled with these kinds of problems. That is why I am so excited about pellet therapy. With pellets you will:

- Enjoy a renewed sexual drive
- Feel much more in control of your body and life
- Sleep more consistently and soundly
- Possess enhanced vitality and energy
- Realize greater mental clarity
- Be more enthusiastic
- Maintain a more relaxed, stable and calm approach to life
- Increase your bone mass (as much as four times the rate of oral therapies)
- Experience diminished migraine headaches
- Mitigate breast cancer fears related to HRT—pellets do not overstimulate your breasts and therefore, do not increase your risk of breast cancer

You can see why I am pleased and excited about providing pellet therapy for my patients. As a woman who has suffered from many of the “old ailments” related to hormonal imbalance, and as a doctor who is now able to help my patients regain their former vitality through pellets, I am very enthusiastic about the future of *BioBalance 4 Women*. I look forward to helping you regain the zest for life you deserve!



BioBalance 4 Women