

# ***Feel Like Yourself Again***

*Even through the ups and downs of hormonal change*



**A Revolutionary Program for Individualized,  
Bioidentical Hormone Therapy That Works**



# *Restore*<sup>SM</sup> Clinical Services: *Restore Complete*

**Individualized bioidentical hormone therapy at the lowest effective dose with hormone and rate of bone loss testing to assure the best possible outcome —**

That's the kind of hormone therapy the innovative Restore program has offered men and women just like you for more than a decade. And it's the kind of hormone therapy now recommended by the FDA and the North American Menopause Society. Whether you're considering hormone therapy or already using it, Restore can help you feel like yourself again.

## *Restore*<sup>SM</sup> Complete

If you are just getting started with hormone therapy, *Restore Complete* provides a comprehensive package of individualized services. Our staff of *Restore* nurses and pharmacists work with you and your healthcare practitioner, providing tools and information needed to make the best therapeutic decisions for you as an individual. *Restore* takes the guesswork out of prescribing and helps avoid the consequences of under and overdosing.

### THE RESTORE COMPLETE CLINICAL MANAGEMENT PROGRAM INCLUDES:

**1. Baseline hormone measurement and rate of bone loss analysis.**

Analytical measurement of saliva is used to determine a baseline profile of your hormone levels. Estrogen, progesterone, testosterone, DHEA, and cortisol evaluation is recommended for women; estradiol, testosterone, DHT, DHEA, cortisol for men. Selective hormone testing is also available. Urine NTx is used to measure rate of bone loss.

**2. Bioidentical, low-dose prescriptions.**

Our pharmacy, Madison Pharmacy Associates, works with your healthcare provider to customize your prescription, taking into account that each person produces, metabolizes, absorbs and responds to hormones differently. We use only natural hormones biologically identical to those your body produces.

**3. Ongoing case management and free follow-up testing.**

Our nursing staff and pharmacists will assist your healthcare provider in evaluating and adjusting your plan of care to attain optimal therapeutic outcomes. Follow-up hormone testing is provided at three months and rate of bone loss testing at six months.

**4. Free annual follow-up testing.**

Annual estrogen/progesterone/ testosterone hormone testing for women, estradiol/testosterone testing for men and NTx rate of bone loss testing are provided as long as hormone prescriptions are filled by Madison Pharmacy Associates.

**To get started, call us today at 800-558-7046**

## **Restore<sup>SM</sup> What's My Level?**

If you are already using hormone therapy, Restore *What's My Level?* provides free hormone and bone loss testing:

### HOW WHAT'S MY LEVEL? WORKS

Any patient who has hormone therapy prescriptions filled through our pharmacy, Madison Pharmacy Associates (MPA), is eligible for our free testing program.

All it takes to get started is for your healthcare provider to complete a simple *What's My Level?* enrollment form and fax it to Women's Health America along with your hormone therapy prescription(s).

Prescriptions must be filled through our pharmacy so we can ensure the quality, quantity and purity of the hormones you are taking. We accept most prescription insurance plans and will be happy to work with you and your insurance company.

Three (3) months after MPA begins filling your prescriptions, we will conduct a free saliva hormone test. For women, we measure estrogen, progesterone and testosterone. For men, we measure estradiol and testosterone levels. After six (6) months, we will conduct a free urine NTx rate of bone loss test. Suggestions for treatment adjustments will be sent to your healthcare provider along with test results. These free tests will be conducted annually for as long as you continue filling your hormone prescriptions through MPA.

### *Do you know ...*

#### WHY THESE TESTS ARE SO IMPORTANT?

**These tests help you and your healthcare provider:**

- Individualize your hormone therapy
- Achieve optimal outcomes at the lowest effective dose
- Avoid the side-effects and health risks of under or overdosing
- Prevent bone loss and reduce the risk of osteoporosis



# **Restore**<sup>SM</sup> *Clinical Services: The Restore Process*

## *The Restore*<sup>SM</sup> *Process:*

It's easy to get started in the Restore program of your choice.

1. Your healthcare provider (HCP) completes and signs the appropriate enrollment form for the Restore program you've chosen, and returns it to Women's Health America.
2. A Restore specialist contacts you to review the program and answer any questions you have.
3. **If you enrolled in Restore *Complete*,** Women's Health America mails you the collection kit with complete instructions. You return the kit with your samples to our lab using the box and prepaid mailing label provided.

A Restore case manager receives and evaluates your test results. We notify you when the results and prescription suggestions are faxed to your healthcare provider. After discussing results with you, your HCP calls/faxes any new hormone prescriptions to Madison Pharmacy Associates.

**If you enrolled in Restore *What's My Level?*,** we fill your hormone prescriptions for three months before testing.
4. A hormone saliva collection kit and instructions are automatically mailed to you after three months of filling your hormone prescriptions and the NTx urine collection kit after six months. In each case, you return the kit with your samples to our lab.
5. After each round of testing, a Restore case manager receives and evaluates your test results. The results and prescription suggestions are faxed to your healthcare provider. After discussing them with you, your HCP calls/faxes any changes to your hormone prescriptions to Madison Pharmacy Associates.
6. In all cases, we continue to provide annual free follow-up testing and automatically mail collection kits to you as long as your hormone prescriptions are filled by Madison Pharmacy Associates.

**To get started, call us today at 800-558-7046**



## Frequently Asked Questions About Restore<sup>SM</sup>

### **Q. Why use the Restore program for hormone therapy?**

**A.** Restore recognizes that your hormone profile and the way you respond to hormone therapy are as unique as your fingerprint. That's why Restore was the first and remains the only comprehensive hormone therapy program to treat each patient as an individual. Restore integrates the very latest in leading laboratory technology and pharmaceutical science with traditional values in health care: listening and responding to your individual needs. The revolutionary Restore program is designed to provide you with one thing and one thing only — the best possible outcome from your hormone therapy.

### **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 studies that clinically support the use of saliva testing?**

**A:** Yes. Upon request, we will be happy to provide you or your healthcare provider with a bibliography of saliva test research.

### **Q: How does saliva hormone testing work?**

**A:** Your healthcare provider initiates the process by completing and signing the Restore enrollment form and faxing it to us. 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. We'll let you know when results have been sent to your healthcare provider.

### **Q: Why does Restore recommend NTx urine testing to determine rate of bone loss?**

**A:** Osteoporosis is an important concern for both men and women as they get older. This is especially true for postmenopausal women. Our NTx urine test is able to quickly measure rate of bone loss, showing changes within three months instead of the two years generally required for sequential bone densitometry (BMD) measurements. This is a distinct advantage that allows early intervention through adjustment of hormone therapy to help prevent irreversible bone loss. Our urine test accurately measures the NTx molecule (cross-linked N-telopeptides), a biochemical marker of bone metabolism.

### **Q: Will insurance cover my tests?**

**A:** More and more insurance companies are covering saliva testing, including Medicare (Part B). Payment is required before the test kit is sent. Information that you can submit to your medical insurance for possible reimbursement is included with the kit.

### **Q: Does an MD have to enroll me in the Restore program?**

**A:** Any healthcare provider who can order lab testing can enroll you in Restore.

# **Restore<sup>SM</sup> Clinical Services: Frequently Asked Questions**

## Frequently Asked Questions About Restore<sup>SM</sup> continued ...

**Q: How soon will results be ready?**

**A:** Results take approximately 3 weeks from the time our laboratory receives your samples. Results will be sent directly to your healthcare provider. You will be contacted by a Restore specialist and asked to follow up with your healthcare provider to go over results and suggestions for prescription therapy.

**Q: What information will my healthcare provider receive after I have been tested?**

**A:** Your healthcare provider will receive the saliva lab results along with a letter of interpretation and prescription suggestions for natural hormone therapy compounded at Madison Pharmacy Associates.

**Q: What does my healthcare provider do once we have reviewed test results and appropriate prescription therapy has been determined?**

**A:** Your healthcare provider can fax us at 888-898-7412 or call our pharmacists at 800-558-7046 with your prescription(s). We will follow-up by contacting you for shipping, billing and prescription insurance information.

**Q: How does this program benefit me in the long run?**

**A:** Restore will help you feel like yourself again, even through the ups and downs of hormonal change. Restore helps you:

- Avoid the side effects of overdosing
- Avoid the continued symptoms of underdosing
- Prevent bone loss and reduce the risk of osteoporosis
- Monitor hormone levels and bone loss over time so therapy can be adjusted sooner rather than later.

In short, Restore takes the guesswork out of achieving and maintaining hormone therapy that works.

## CALL US TODAY!

To get started, simply call our Restore<sup>SM</sup> specialists at Women's Health America, 800.558.7046, then press 3



**Women's Health**  
A M E R I C A

**Restore<sup>SM</sup>** is a program of **Women's Health America, Inc.**

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