

Bruce Worrell, D.O. is an internal medicine physician with over 26 years of experience. His background as a graduate of the Philadelphia College of Osteopathic Medicine has prepared him with a different philosophy, one that treats the patient as a whole person, not just their symptoms or the disease. He began to research the preventative side of medicine, looking at other ways of staying healthy such as exercise and healthy diet, which certainly can help to lengthen life, but patients would often become discouraged and stop. He learned that our dropping hormone levels as we age are responsible for a lowered quality of life, leading to such things as heart disease, diabetes, stroke and osteoporosis – diseases that people have come to expect with aging. This naturally segued into his study of Bio-Identical Hormones, which do not have the same sometimes detrimental effects that synthetic medications can have. By safely and effectively re-establishing the hormone levels that we maintained in our 20 and 30's; Dr. Worrell believes clearer thought, increased energy, improved sleep and normal sex drive can be enjoyed once again; thus enhancing the quality as well as the length of our lives. And as we begin to enjoy life again, we are more likely to want to take better care of ourselves. This is Dr. Worrell's passion and the focus of his practice.



Learn why people are saying:

"I am extremely pleased with the results of this procedure. Within a couple of weeks I noticed an increased energy level, more restful sleep, mental sharpness and an overall increased activity level. I would recommend this treatment to others who want to feel better in every aspect of their lives."

–P.E. Cincinnati, Ohio

"It is my belief that BHRT may have an integral role in the prevention of heart disease, stroke, diabetes, Alzheimer's, osteoporosis, and certain cancers as we age. If I can prevent these diseases from occurring, then I am really doing something to help you."

– Dr. Bruce S. Worrell



Center for
Optimal Vitality

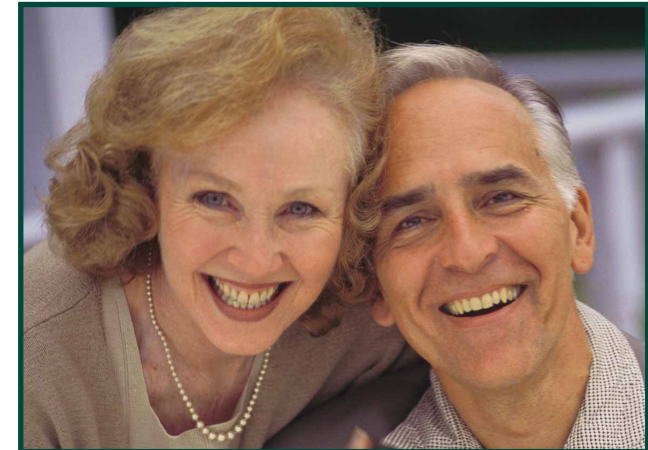
For additional information or to
schedule an appointment call

513.229.WELL

6213 Snider Road
Mason, Ohio 45040

www.centerforoptimalvitality.com

***It's not just hormone
replacement therapy...
but a LIFE regained!***



***An alternative to traditional
hormone replacement therapy***

Dr. Bruce S. Worrell
Internal Medicine



Center for
Optimal Vitality

www.centerforoptimalvitality.com

What are Bio-Identical Hormones?

These hormones are derived from soy and other natural plant based ingredients. They are hand compounded to be biologically identical to the human forms of estradiol and testosterone. The pellets possess the exact chemical structure of human hormones. Essentially, the body is given back what it can no longer produce naturally. This type of therapy has been documented and researched in medical journals since 1939.

I thought "hormones" were something only menopausal women have trouble with?

This is a common belief. However, the decline of a woman's hormones generally occurs in her thirties. Menopause is often accompanied by symptoms like hot flashes, mood swings, and weight gain. Of course, men have hormones too. Current medical research now defines the male equivalent to menopause as andropause. Men experience a more gradual decline in hormone levels.

What is Sottopelle Bio-Identical Hormone Therapy?

It is a treatment process that involves the gentle insertion of a bio-identical hormone pellet under the skin. These pellets are identical to the hormones produced by the human body. Bio-identical hormones are not synthetic, simulations or replicas. They work in partnership with your body 24/7. There are minimal to no side effects, no pills to take or creams to apply. And the best part . . . it can last up to six months!

How often will I need Bio-Identical Hormone Therapy?

It depends on the person. The therapy will typically last from four to six months. The treatments work in partnership with your body 24/7 and treatment is tailored to your individual needs.

What can I expect Bio-Identical Hormone Therapy to do for me?

The quality of life given back to every man or woman is second to none. These are the benefits our patients experience:

- Consistency in moods
- Relief from anxiety and depression
- Increased mental clarity, focus, and energy
- Greater capacity for getting the body in shape
- Restored or increased sexual drive.

Are there any side effects and/or complications?

Unlike other forms of hormone therapy, there are minimal if any side effects and the treatments are hassle-free.

How long will it take for the hormones to get into my system and work?

Most patients see improvement in a short period of time.

I get horrible headaches. Will this help them?

Yes! Bio-Identical Hormone Therapy has had great success with hormonally related headaches.

Will my insurance cover Bio-Identical Hormone Therapy?

The Center for Optimal Vitality is not a provider with any insurance company. We will provide you the information you need to file your own claims with your insurance provider.

Why doesn't my doctor suggest Bio-Identical Hormone Therapy as an option?

The majority of physician training is on synthetic hormones. More than likely, they were never trained in the use of bio-identical hormone therapy. Whenever you see the SottoPelle® Bio-Identical Hormone Therapy certified logo, you can be reassured that your physician has been through the official and exclusive Sottopelle® Bio-Identical Hormone Therapy program.

I have no libido. Can Bio-Identical Hormone Therapy help?

Yes. Hormone balance will greatly improve your sexual drive.

As a woman, why do I need estrogen?

Bio-identical absorbable estrogen is the most important hormone to protect a woman against heart attack, stroke, osteoporosis, and Alzheimer's Disease. Synthetic estrogen taken orally does not offer these universal benefits.

As a woman, why do I need testosterone?

Testosterone gives a woman her mental clarity, libido, as well as muscle tone and mass. Without it, women often complain of mental confusion, weight gain, and poor muscle growth even with regular exercise.

As a man, why do I need testosterone?

Testosterone is the most important hormone a man possesses. Without it, fatigue, anxiety, depression, loss of mental clarity, and a diminished libido occur. Furthermore, a deficiency in testosterone may lead to prostate problems, poor sexual performance, loss of muscle tone and mass, and the potential to develop osteoporosis.

- **Regain** your healthy sense of well-being
- **Rediscover** your mental focus and clarity
- **Ignite** your passion with improved libido
- **Protection** against heart disease and stroke
- **Relief** of menopause, andropause, and PMS symptoms
- **Prevention** of osteoporosis, senility, and Alzheimer's Disease
- **Improvement** of cholesterol levels, muscle mass, and strength
- **Reduced** risk of depression, anxiety, breast and endometrial cancer.