

Vast majority of women experience menopausal symptoms, but survey finds few are aware of a safe and effective treatment

Testosterone pellets empower women to feel better and get back to their lives

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Orlando Health

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NEWS PACKAGE

SUGGESTED TEASE	<p>MENOPAUSE IS AN INEVITABLE PART OF LIFE, BUT THE DEBILITATING SIDE EFFECTS THAT WOMEN FACE MAY NOT HAVE TO BE.</p> <p>COMING UP, A SIMPLE MEDICAL TREATMENT THAT IS DRAMATICALLY IMPROVING WOMEN'S LIVES.</p> <hr/>
ANCHOR LEAD	<p>MENOPAUSE. IT'S SOMETHING ALMOST EVERY WOMAN GOES THROUGH, YET IT'S RARELY DISCUSSED.</p> <p>LOW ENERGY, HOT FLASHES, ANXIETY AND REDUCED SEX DRIVE ARE OFTEN BELIEVED TO JUST COME WITH AGE, BUT EXPERTS SAY THEY DON'T HAVE TO.</p> <p>BARB CONSIGILIO HAS THE DETAILS ON A SIMPLE AND SAFE TREATMENT FOR MENOPAUSAL SYMPTOMS THAT A NEW SURVEY FINDS MOST PEOPLE HAVE NO IDEA EVEN EXISTS.</p> <hr/>
(PACKAGE START) ----- CG: Courtesy: Orlando Health Arnold Palmer Hospital for Children :00 - :03 Shots of Laurie jogging	<p>(Nats - Sound) :02</p> <p>WHEN LAURIE LANE'S DAILY RUN BECAME INCREASINGLY DIFFICULT, SHE FIGURED IT WAS PART OF GETTING OLDER. :05</p> <p><i>"I started noticing all those fun symptoms, like just always tired, never really had the energy level that I had before, the brain fog."</i> :11</p> <hr/>
CG: Laurie Lane Testosterone pellets patient	
Shots of Laurie walking out to feed goats with husband	<p>THEY'RE JUST A FEW OF THE LIFE-ALTERING SYMPTOMS OF MENOPAUSE.</p> <p>BUT RATHER THAN ACCEPTING THIS AS A FACT OF LIFE, LAURIE ASKED HER DOCTOR FOR SOLUTIONS. :07</p>

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<p>Laurie Lane (CG'd earlier)</p> <p>Shots of Dr. Peppy preparing and administering testosterone pellets</p>	<p><i>"I was very, very surprised, because I'd always heard estrogen, estrogen. I'd never heard about testosterone."</i> :06</p> <p>OFTEN THOUGHT OF AS A HORMONE FOR MEN, DOCTOR TERRENCE PEPPY SAYS TESTOSTERONE AS A TREATMENT FOR MENOPAUSAL SYMPTOMS IS SOMETHING EVERY WOMAN SHOULD KNOW ABOUT.</p> <p>DURING A SIMPLE IN-OFFICE PROCEDURE, LOW-DOSE TESTOSTERONE DELIVERED THROUGH A TINY PELLETT IMPLANTED IN FATTY TISSUE HAS MAJOR IMPACTS. :15</p>
<p>CG: Terrence Peppy, MD Orlando Health</p> <p>Wideshot of Dr. Peppy in exam room (blur for graphic) Graphic: Menopausal treatment survey Graphic of list of interventions -highlight testosterone as lowest -highlight estrogen with higher awareness</p> <p>Shots of testosterone pellet procedure</p>	<p><i>"This gives them control to feel better, have more energy, respond sexually, sleep at night, think clearly."</i> :08</p> <p>THE TREATMENT IS OFTEN LIFE-CHANGING, BUT IS DRASTICALLY UNDERUSED.</p> <p>A NEW NATIONAL SURVEY BY ORLANDO HEALTH FINDS JUST TWELVE PERCENT OF AMERICANS KNOW ABOUT TESTOSTERONE TREATMENTS, RANKING LOWER THAN ANY OTHER INTERVENTION KNOWN TO EASE MENOPAUSAL SYMPTOMS.</p> <p>WHILE ESTROGEN IS MUCH MORE COMMONLY KNOWN – RANKING BELOW ONLY DIET AND EXERCISE – IT ONLY TREATS TWO OF THE NINE COMMON SYMPTOMS OF MENOPAUSE AND COMES WITH INCREASED RISK OF BREAST CANCER, HEART ATTACK AND STROKE².</p> <p>TESTOSTERONE, HOWEVER, TREATS ALL NINE SYMPTOMS WITHOUT THE DANGEROUS SIDE EFFECTS. :27</p>
<p>Dr. Peppy (CG'd earlier)</p> <p>Shots of Laurie and her husband feeding goats</p> <p>Laurie Lane (CG'd earlier)</p>	<p><i>"It's unusual when somebody will say to you, I really didn't feel a benefit."</i> :04</p> <p>Laurie HAS HER ACTIVE LIFE BACK AND SAYS ALL WOMEN SHOULD KNOW THEY DON'T HAVE TO SUFFER IN SILENCE. :06</p> <p><i>"I can control if I'm going to live with these symptoms or I'm going take matters in my own hands, if you will, and research and get educated and do something about it. And that's exactly what I did."</i> :09</p>
<p>Shot of Laurie playing with goats (PACKAGE END) -----</p> <p>ANCHOR TAG</p>	<p>AT ORLANDO HEALTH, THIS IS BARB CONSIGLIO REPORTING. :03</p> <hr/> <p>A SINGLE TESTOSTERONE PELLETT TYPICALLY</p>

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	<p>PROVIDES RELIEF FROM MENOPAUSAL SYMPTOMS FOR ABOUT THREE TO FOUR MONTHS.</p> <p>EXPERTS HOPE THAT AS MORE WOMEN SHARE THE BENEFITS THEY'VE EXPERIENCED, THIS WILL BECOME A MORE COMMON TREATMENT OFFERED BY MORE PHYSICIANS WHO SEE WOMEN BEFORE, DURING AND AFTER MENOPAUSE.</p>
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SOCIAL MEDIA

<p> Share it! Suggested tweet:</p>	<p>The fatigue, hot flashes and low sex drive that comes with menopause does not have to be a fact of life for women, but a new survey by @OrlandoHealth finds most are unaware of a simple and safe treatment that is helping women get back to feeling like themselves.</p> <p>http://oh.multimedia-newsroom.com/?p=635</p> <hr/>
<p> Suggested post:</p>	<p>Many think that testosterone is a hormone that only men need, but low-dose testosterone pellets are a safe and effective treatment for menopause. A new survey by Orlando Health finds most people are unaware of this treatment that is helping many women get back to feeling like themselves again.</p> <p>http://oh.multimedia-newsroom.com/?p=635</p>

EXTRA BITES

<p>CG: Terrence Peppy, MD Orlando Health</p>	<p>Peppy encourages people to talk to their doctor about their symptoms and treatment options:</p> <p><i>“Ofentimes in the past, a lot of men and women didn't want to talk about certain things. Well, now it's out in the open. Marvelously, it's out in the open. So I urge all patients to talk to their physicians about this.” :13</i></p> <p>Peppy explains why testosterone is delivered as a pellet:</p> <p><i>“It's not a cream. Creams rub off easy. They wash off easy. It's not a pill. The gut doesn't always absorb this well, so you get an even absorption. But body fat gives you an even absorption over weeks.” :13</i></p> <p>Peppy says estrogen has risks and treats few symptoms::</p> <p><i>“Breast cancer, heart disease, blood clot and stroke exists with estrogen at a low level, but it certainly exists. So many women you can't use it because they're contraindicated for its use. And it only helps two things: hot flashes and vaginal dryness.” :13</i></p> <hr/>
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CG: Laurie Lane
Testosterone pellets patient

Laurie says she's shared this treatment with her friends who now receive testosterone pellets:
"A lot of women don't like to talk about the negative things that happen as you grow older. But then once you start talking about it, we all share that, and then sharing that you can fix it. And so half my friends are now on it, and they're loving life just like I am." :13

Laurie says you don't have to accept the symptoms of menopause:
"You don't have to just say, 'Okay, I'm going to get old and I'm going to have a foggy brain. I'm not going to want to have relations with my husband. I'm just going to get fat and not do anything.' So basically, there's something you can do, and everybody needs to know about it." :13

Laurie says she didn't know her symptoms were signs of menopause:
"Nobody says, 'Here's the date and this is when it's going to happen.' So over time, I started seeing these symptoms like lack of energy, no desire to be with my husband, things like that, fogginess. And I had to put two and two together, and I was like, 'Oh, this is menopause. This is what happens when you get older. Lucky us.'" :20

Laurie says testosterone pellets help her live a happy, healthy life:
"Now, I have a better life, I'm healthier, I'm exercising, I've dropped some weight. I feel that I have myself back. And definitely, that's a plus. Who wouldn't want that?" :10

References

¹*A Personal Prospective on Testosterone Therapy in Women—What We Know in 2022*, **Journal of Personalized Medicine**, Volume 12, Issue 8, July 22, 2022. Online:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9331845/>

²*Menopausal Hormone Therapy and Cancer*, **National Cancer Institute**, 2018. Online:
[https://www.cancer.gov/about-cancer/causes-prevention/risk/hormones/mht-fact-sheet#:~:text=Stroke%2C%20blood%20clots%2C%20and%20heart,medication%20\(3%2C%204\).](https://www.cancer.gov/about-cancer/causes-prevention/risk/hormones/mht-fact-sheet#:~:text=Stroke%2C%20blood%20clots%2C%20and%20heart,medication%20(3%2C%204).)

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