

XFACTOR

HORMONE THERAPY PATIENT EXPERIENCE



*Key Pellet
Benefits
Experienced*

CARLA TJADEN The EvexiPEL Journey

A long and complex
health journey shaped
by major life events

I'VE TRIED **EVERYTHING**

“EvexiPEL providers really stress to you that everybody is different. They're not shooting for one certain hormone level for you. They're looking to help you discover where you feel your best.”

– Carla Tjaden

At 63, Carla Tjaden, a retired schoolteacher who splits her time between Sioux City, Iowa, and Cocoa Beach, Florida, has had a long and complex health journey shaped by major life events and a struggle to find the right treatment for hormone imbalances.

CARLA AND
HER FAMILY



“In 2008, when I was 47, I had a large fibroid tumor,” she said. “The best option at that time was a hysterectomy, and I got advice to go ahead and take out my ovaries because I always had a lot of headaches and they seemed to be hormone-related. I wasn’t told anything about hormone replacement therapy (HRT) and immediately after the surgery, I was hit with intense hot flashes, excruciating headaches, and other symptoms.”

Carla was placed on Premarin, a hormone replacement therapy (HRT) medication that contains a mixture of estrogen hormones, but she hated it.

“It made me do nothing but want to stay in the bedroom and cry all day. I was back teaching in four weeks and just miserable,” she said.

Afterward, she searched for better care and found a “hormone guru” in Colorado, where Carla was living at the time, who prescribed a combination of progesterone, DHEA, and estradiol patches. For nearly ten years, that solution worked well enough, but things began to unravel when she slipped on ice and hurt her back just before she retired. After undergoing several surgeries for her injury, her hormone therapy stopped working effectively.

Despite her doctor’s best efforts to adjust her dosage, nothing seemed to help, and eventually, she moved to Iowa and began searching for a new healthcare provider.

In Iowa, Carla still struggled. She tried hormone creams and patches from a nurse practitioner but couldn’t find anything that worked. Frustration built as the treatments failed to bring her relief.

“The nurse practitioner didn’t know what she was doing. So, she relied on the pharmacist, and the pharmacist used one method of delivery and that was it,” said Carla. “At that point, I was trying testosterone topicals and estradiol patches still.”



NOT ALL PELLETS ARE CREATED EQUAL

It wasn't until she discovered bioidentical hormone replacement therapy (BHRT) that things began to change. Armed with her understanding of BHRT, which uses bioidentical hormones that are chemically identical to hormones produced by the body instead of synthetic hormones that are chemically different, she sought treatment in Omaha, Nebraska, where she was prescribed testosterone injections for the first time.

"It was the first time I started feeling any kind of improvement," she said. "So, it was making a positive difference."

However, the clinic only offered rigid dosage regimens that didn't allow for the flexibility Carla needed as someone who lived in two places part-time. Her progress, and patience, soon plateaued.

"As I said, it was the first time I felt any improvement, but it cost me somewhere around \$4,000 to \$4,500 a year to do this and they required me to be in the clinic every two months. When we were in Iowa, that wasn't a problem, but I was having to fly back from Florida a couple of times a year," said Carla.

That's when she found EVEXIAS and their EvexiPEL treatment system as she was doing more research into potential care options. She found a clinic in Orlando, Florida that provided The EvexiPEL Method and decided to give it a shot.

Pretty quickly, Carla liked the results she was getting, but still





CARLA AND HER GRANDCHILDREN AT THE BEACH IN FLORIDA

felt the clinic was too far away for her needs. So, she switched again, to another clinic that was closer to her home in Florida that provided another brand of BHRT pellet. When she asked them if the results would be the same as with EvexiPEL they assured her, “All pellets are the same.”

“Well, that could not be further from the truth,” Carla said. “I went ahead and did this other brand of pellet with them this last April. At the first appointment, the provider did a lot of research ahead of time because she kind of flipped out about how high my dosage was with the EvexiPEL Method. She said that translated into a lower dosage with the pellets they used. I remember saying to my husband, if they're the same, why is the dosage not the same?” Quickly after starting this new pellet, Carla’s health went downhill. “Immediately, hot flashes are way worse, sleeping is way worse, bad moods, irritability, itchy skin,” she said.

HELP FROM SOCIAL MEDIA

When the doctor she was seeing couldn’t give her an explanation and wasn’t taking her concerns all that seriously, she turned to a resource she didn’t expect to be so helpful: Facebook groups about hormone replacement therapy.

“I did stumble into a group and lurked for a few weeks, trying to read on my own and learn. And then I posted, ‘Has anyone ever used these brands of pellets and noticed a big difference in results?’”

She was looking for insights into the comparison between this

brand of pellet she was currently on, and EvexiPEL. Several people said they'd tried both and found EvexiPEL superior.

Then, Sean Bernardo, a Practice Development Specialist for EVEXIAS Health Solutions who was also a member of the Facebook group, sent her a private message communicating exactly why, down to the precise science, she wasn't seeing as good of results with her current pellet as with the EvexiPEL Method. This impressed her and sent her looking for another nearby clinic that offered the EvexiPEL Method.

BACK TO THE BEST

Using the "Find A Provider" tool on EVEXIAS Health Solution's website, Carla found a brand new med spa in Satellite Beach, Florida, where she could access EvexiPEL just a few minutes from her home.

Instantly, she felt she was in good hands when they took the time to explain every aspect of the treatment, from dosages to how her body might react, and let her know they offered free booster pellets if her hormones didn't optimize as planned.

Now, several months into her treatment, Carla feels better than she has in years.

"My joint pain, especially in my feet, has improved, allowing me to return to weightlifting and regular exercise," she said. "My brain fog has lifted, and I feel sharper mentally. Hot flashes are no longer a constant struggle, and my body temperature regulation has vastly improved. While I still get some

night sweats, they're nowhere near as bad as they once were."

What stands out about EVEXIAS, she believes, is the way their providers go above and beyond for their patients. Both EvexiPEL clinics she worked with were thorough, educating her every step of the way and empowering her to make the best decisions for her health.

As a former teacher, Carla says she's also been quite impressed by the ongoing training and support EVEXIAS provides for their practitioners. "I value continuing education, and it's clear that EVEXIAS puts real effort into making sure their providers are always up to date with the latest in hormone therapy," she noted.

Her overwhelmingly positive experience has led her to recommend EvexiPEL to other women, including members of her family.

"I've recommended it to my sister, who has struggled with health issues at 61, and to my friend who has been dealing with chronic joint pain," she said. "I've shared my experiences in Facebook groups and talked to countless women

who are suffering needlessly because they haven't found the right treatment."

Watching other women in her life trying to get well the traditional ways has also made her upset that this care isn't covered by insurance.

"My friend has had all this hip pain. She has been through months of physical therapy, X-rays, and MRIs, basically for doctors to tell her they can't find anything wrong. Look how much money insurance has paid for her MRI, her X-rays, her doctor's appointments, and her physical therapy. If they just would've paid for hormone replacement, the insurance companies would've saved money and she could be well by now," said Carla.

Still, for Carla, the financial investment in EvexiPEL—which works out to about the annual cost of buying a latte out every day—has been worth every penny.

"We're retired teachers, so we're obviously not rich," she said. "But I would give up a lot of things in life before I ever gave up the EvexiPEL Method."



UNLOCK YOUR POTENTIAL WITH EVEXIPEL

CARLA'S STORY

is testament to the groundbreaking power of innovations.
As a patient, you now have the incredible opportunity
to receive personalized, state-of-the-art treatments.



SCAN HERE

FIND A PROVIDER

near you and start
your journey to
optimal health today



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