

## About Us

With thirty years in practice, Dr. Bhatia is among the most experienced active obstetrician gynecologists today. Through each of these years, Dr. Bhatia has dedicated herself to her patients by forging lifelong connections with them, striving to better her understanding of current obstetrical and gynecological techniques, and providing consistent support as her patients endure difficulties or discover successes. Through these commitments, Dr. Bhatia has developed an enduring and robust practice that provides care to women in each and every one of their life stages. Indeed, her goal is to become your doctor, and friend, for life.

### A NOTE FROM THE DOCTOR

“ I pride myself on my commitment to patients. My commitment manifests itself through a compassionate disposition and a self-demanding approach. I treat each patient as I would a member of my own family. I draw on my significant experience as a clinician, and I stay up to date with current treatment options.



All of these commitments form the basis for my experience as a physician. But they are secondary to my fundamental promise to you: I pledge to build an enduring relationship with you, if you choose to visit me. I will be available each and every time that you make an appointment or express a concern. And I will use each and every resource I possess to alleviate your concerns and help you achieve your goals.”

– Dr. Neera Bhatia

\*See the rest of Dr. Bhatia's note to her patients online.

## Our Location

Our office is conveniently located across from the Metropolitan Methodist Hospital, which is an affiliate of the Methodist Hospital. The hospital has a newly constructed and state of the art Women's Pavilion, at which doctors provide top-notch maternity and post-partum care.

### METROPOLITAN METHODIST

**Address:** 1303 McCullough Ave, Suite 237  
San Antonio, TX 78212

**Office:** (210) 222-2694

**Fax:** (210) 222-2565

**Website:** [www.neerabhatiahrt.com](http://www.neerabhatiahrt.com)

**Email:** [info@neerabhatiahrt.com](mailto:info@neerabhatiahrt.com)

**General Site:** [www.neerabhatiaobgyn.com](http://www.neerabhatiaobgyn.com)

**Hours:** Mon-Thur: 8:30 AM - 5 PM  
Fri: 8:30 AM - 12:30 PM

## Our Website

Our new website, [www.neerabhatiahrt.com](http://www.neerabhatiahrt.com), is all about you. The site includes specific news stories handpicked by Dr. Bhatia about women's health developments and the newest research regarding hormone replacement therapy. Also, you can find answers to frequently asked questions, an exclusive video interview with Dr. Bhatia discussing BioTE therapy, and more information about the benefits of hormone replacement therapy for men and women. Best of all, you can easily schedule your appointments online through our website!



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## Get Directions!

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**Neera Bhatia MD**  
HORMONE REPLACEMENT THERAPY



San Antonio  
Obstetrics  
& Gynecology  
Society Member

Board Certified  
American Board  
of Obstetrics  
& Gynecology



Call us at (210) 222-2694  
or make your next appointment online with us!

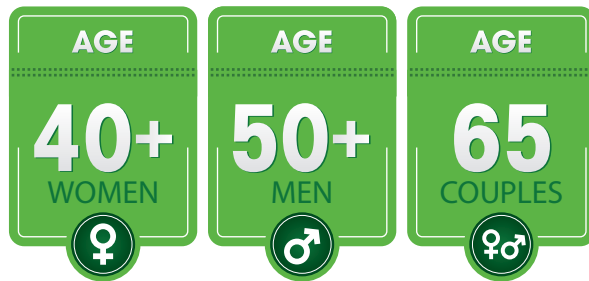
**FIND YOUR YOUNGER SIDE**  
RECONNECT WITH YOUR INNER SELF

# Hormone Replacement Therapy

For years, women have coped with menopause through hormone replacement strategies that addressed the problem instead of the patient. Recently, hormone replacement therapy has been refined so that current therapies are tailored and delivered directly to the patient. Dr. Neera Bhatia is pleased to offer one such therapy, BioTE, that is at the forefront of this design process. BioTE is widely regarded as one of the superior bio-identical hormone replacement therapies available.

Dr. Bhatia's mission statement includes a focus on incorporating innovations that further patient welfare into her practice. With this commitment in mind, Dr. Bhatia is the ideal physician to guide patients through the process of bio-identical hormone replacement therapy. Through nearly 35 years in practice, Dr. Bhatia has seen the approach to hormone replacement therapy develop. Now, there is a solution for patients that she fully endorses and promotes – BioTE pellets.

Briefly, bio-identical hormones are plant derived and biologically engineered to match the patient's own hormones. These hormones represent the most recent advancement in hormone replacement therapy and represents a solution for both women and men.



## Who Does it Benefit?

Many patients express interest in the procedure but wonder if hormone replacement therapy is a viable solution for them. To best illustrate the product's variety, we will use two common patient cases.

### PRE-MENOPAUSAL FEMALE:

A 42 year old female presents to her gynecologist with hot flashes, night sweats, disturbed sleep cycles, day-time drowsiness, and overall fatigue. Additionally, the patient cites a significant decrease in libido and sex drive within the past six months. The doctor suggests that lab work should be completed to assess the patient's hormonal status. The physician also completes a full history and physical examination, paying close attention to details that exclude hormone replacement therapy from the potential treatments. The lab work reveals decreased estrogen and testosterone levels. Using the patient's history, lab values, and experience, the physician creates a tailored hormone dose to substantially reduce symptoms using the smallest dose necessary.

### POST-MENOPAUSAL FEMALE:

A 62 year old patient has waves of post-menopausal symptoms that conventional, long term hormone replacement therapy has failed to control. Also, the patient is concerned about the long term effects of hormone replacement therapy and chooses to discontinue her conventional therapy. Following discontinuation, the patient experiences severe menopausal symptoms, including vaginal dryness and pain during intercourse. Upon consulting with a new physician, the patient learns that bio-identical hormone replacement therapy is not administered long term. Instead, the dose is carefully titrated to the lowest effective dose and delivered as symptoms reappear over time. Following a thorough evaluation, the patient begins treatment on BioTE individualized therapy. Ultimately, BioTE allows her to control her symptoms and the potential risks associated with long term conventional therapy.

## The Process

Most implantations provide 4-6 months of symptom relief, depending on the patient. A typical process includes:

### 📅 Step 1: Initial Visit

- Schedule a consultation via phone, email, or website
- Symptoms are evaluated and documented by Dr. Bhatia
- Dr. Bhatia completes a thorough history and physical exam
- The patient is educated about the benefits and limitations of BioTE
- Blood tests set a baseline for evaluation of the patient's progress
- Using the history, physical, and blood work, Dr. Bhatia individually titrates a dose for the patient

### 📅 Step 2: Procedure is Scheduled

- The procedure is scheduled for one week after the initial evaluation
- Dr. Bhatia is the only physician who performs the procedure
- The procedure lasts 15-30 minutes in the office under local anesthesia
- The patient can resume normal activities immediately
- Side effects are few and rare due to the titrated dose

### 📅 Step 3: Record Improvements

- Patients keep a record of improvements after their first treatment
- Four weeks after the procedure, the patient visits Dr. Bhatia
- Dr. Bhatia and the patient review improvements & evaluate therapy

### 🔄 Step 4: Long-Term Benefits

- If satisfied, the patient schedules a follow up appointment for five months later
- This maintenance appointment ordinarily includes placement of another pellet
- Continued placement maintains constant therapeutic levels
- Subsequent implantations are determined by the resumption of symptoms

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