



BIO-IDENTICAL HORMONE THERAPY

THE MARION GLUCK CLINIC

WELCOME TO THE MARION GLUCK CLINIC

We are delighted to welcome you to the Marion Gluck Clinic, which specialises in the use of bio-identical hormones to treat and prevent a wide variety of conditions. We have pioneered this approach in the UK, although there is a long and successful history of its use in the USA, Germany and Australia. All our doctors are medically trained and registered with the General Medical Council.

Our brochure will give you an overview of the Clinic, our services and our doctors. It also provides an example treatment schedule to use as a guide to how your treatment will be managed at the Clinic. There is a section on our policies and we recommend that you familiarise yourself with these.

Our website holds lots of interesting and useful information, particularly regarding the conditions that we treat. You can also see illustrations of our services in the press articles section. Please have a browse at **www.mariongluckclinic.com**.

We look forward to helping you to take control of your health.

The Marion Gluck Clinic

BALANCE

THIS IS OUR PHILOSOPHY

The Marion Gluck Clinic is an innovative medical centre specialising in bio-identical hormones and preventative medicine. We believe in maintaining health by balancing hormones and preventing disease.

Our aim is to inform, guide and recommend treatments that enable you to maintain a healthy and active lifestyle. We pride ourselves on listening closely to your needs, really understanding your concerns and creating bespoke treatments that keep you healthy. We seek to empower you with knowledge, so that you can make informed decisions and look after your own health on a daily basis.

The Marion Gluck Clinic treats many conditions in both men and women, including: menopause; andropause; thyroid imbalance; depression; osteoporosis; decreased libido; cardiovascular health; prostate health; premenstrual syndrome; ovarian cysts; endometriosis; polycystic ovaries. People often come to see us for help with the following symptoms: fatigue; weight change; anxiety; irritability; skin problems; loss of libido; inability to concentrate; muscle weakness; erectile dysfunction; infertility; insomnia; abdominal bloating; allergies; appetite change; heavy or irregular menstrual periods; recurrent infection; dull or chronic pain. If you suffer from any of these symptoms or conditions and would like to talk to one of our doctors, please call 020 7402 2151 to book an appointment.

HEALTH

YOUR HORMONES

Both women and men need a balanced endocrine system, as hormones regulate every function in our body. When our hormones are well adjusted, we feel healthy, energetic and more in control of our lives.

As we age, there is a naturally occurring decline in hormones such as oestrogen, progesterone and testosterone. Balancing these hormones can have a wide-range of significant health benefits in treating the following symptoms:

- Dry and wrinkled skin
- Memory loss
- Low libido and vaginal dryness
- Erectile dysfunction and diminished libido
- Fatigue
- Hot flushes and night sweats
- Mood swings and depression
- High cholesterol
- Osteoporosis
- Anxiety
- Sleep disturbances
- Decreased strength and lean body mass

ENERGY

BIO-IDENTICAL HORMONES

Men and women can benefit from Bio-identical Hormone Replacement Therapy (BHRT) because it can provide relief from a wide range of symptoms during menopause, andropause (male menopause) and other hormone related conditions such as pre-menstrual syndrome (PMS), endometriosis, menstrual problems and metabolic syndrome.

Bio-identical hormone therapy is beneficial for the maintenance of cardiovascular health, bone density, memory and mood, as well as supporting the body's ability to maintain health, energy, happiness and confidence.

Bio-identical hormones are identical in chemical structure to those found in the human body and are derived from diosgenin, which is sourced from soya beans and Mexican yams. They need to be prescribed by a doctor and prescriptions are designed for each individual patient. BHRT is usually administered in the form of creams, lozenges or capsules. The treatments are then compounded under strict guidelines by a specialist pharmacy. We recommend contacting these specialist pharmacies for further information relating to the preparation of these products.

The Marion Gluck Clinic has been successfully pioneering the use of bio-identical hormones and their application is rapidly becoming more main-stream.

SERVICES

At the Marion Gluck Clinic we offer a range of services that aim to restore you to your optimal hormonal balance. Before prescribing, we decipher your unique hormonal make-up so that we can tailor the treatment to your specific needs. Our services include:

- Bio-Identical Hormone Replacement Therapy
- Women's Health Check
- Men's Health Check
- Thyroid Therapy Treatment
- Allergy & Immunology
- High-Dose Vitamin Treatments
- Nutritional Therapy
- Cosmetic Medical Treatments
- Sexual Health & Family Planning

WOMEN'S HEALTH CHECK

During the Women's Health Check, a comprehensive medical history will be taken by your doctor who will also assess nutrition and lifestyle factors as well as health risk factors.

The health check includes a physical examination, smear test, blood tests to measure hormone levels, thyroid function, cholesterol levels, vitamin D levels, a full blood count, as well as kidney and

liver function tests. We may also recommend an ultrasound of the uterus, dexascan for bone density and mammogram, all of which can be easily arranged through the Marion Gluck Clinic. The results are analysed by your doctor, who will make any necessary changes to your medication and issue you with a new set of prescriptions.

MEN'S HEALTH CHECK

The Men's Health Check assesses possible risk factors to a healthy life. It includes a consultation about your symptoms, a physical examination and routine blood tests that measure hormone levels, vitamin D, cholesterol levels, liver and kidney functions, blood count and prostate functions. We may also recommend dexascan for bone density, ECG, chest x-rays or MRI scans, all of which can be easily arranged through the Marion Gluck Clinic.

The results are analysed by your doctor, who will make any necessary changes to your medication and issue you with a new set of prescriptions.

All men and women undergoing Bio-Identical Hormone Replacement Therapy are required to have an annual check-up with one of our doctors, before further medication will be prescribed.

TREATMENT SCHEDULE

We have provided an illustrative treatment schedule. Whilst many of our patients follow this pattern, individual needs will dictate your particular treatment schedule. For the accompanying price list, please see our website.

Initial Consultation – 45 minutes

Your doctor will spend time understanding your history and symptoms, making an initial assessment of your condition and will take blood tests.

First Follow-up Appointment – 15/30 minutes

Approximately one week later you will return to the Clinic to review your test results, receive advice on managing your symptoms and order your bespoke prescriptions.

Second Follow-up Appointment – 30 minutes

Four to six weeks later, you will return to see your doctor and review your progress with the prescribed medication. Any required adjustments to your prescription will be made.

Third Follow-up Appointment – 15/30 minutes

Three months later, you will again return to see your doctor for a progress review. Repeat prescriptions will be issued where necessary.

Fourth Follow-up Appointment – 30 minutes

Six months later, you will again return to see your doctor for a progress review. Further tests may be required; otherwise repeat prescriptions will be issued where necessary.

Regular reviews

Every 6-12 months we ask that you return to see your doctor for a review of your symptoms and medication. Please note that it is a legal requirement that we see our patients on at least an annual basis if we are to continue prescribing medication.

Please note:

It may be convenient for you to undertake a follow-up appointment by telephone or Skype. In this case, please book a telephone consultation through our receptionist, who will provide you with the dedicated phone number that you will call at the time of your appointment.

Please contact us for more information or to make an appointment:

61 Wimpole Street London W1G 8AH
T: + 44 (0) 207 402 2151 F: + 44 (0) 207 935 4259
E: secretary@marionluckclinic.com
www.marionluckclinic.com

DR MARION GLUCK



[Dr Marion Gluck](#) trained as a medical doctor in Hamburg and has worked all over the world as a women's health specialist. She has been recognised as one of the top 250 private doctors in the UK for her pioneering treatment of hormonal imbalances using natural bio-identical hormones. Treating patients as individuals, Dr Gluck addresses each woman's unique hormonal makeup rather than prescribing conventional 'one size fits all' medications.

In addition to providing the best of conventional care for women's health, Dr Gluck focuses on disease prevention through lifestyle, diet, exercise, stress management and emotional wellbeing. She provides the knowledge and guidance necessary to educate and empower her patients in London, Milan and Berlin, helping them to make better informed decisions about their health and their life.

A dedicated practitioner, Dr Gluck seeks to be more than just a doctor to her patients. With a genuine interest in women's issues, she goes to considerable lengths to gain a better understanding of her patients' unique circumstances in an effort to provide holistic solutions for optimal health.

DR JAN TOLEDANO



[Dr Jan Toledano](#) was born in South Africa and grew up in London. After reading medicine at Oxford University and University College London she graduated in 1994 with a distinction in surgery.

Following her internship, she spent two years training in paediatrics at University College Hospital and Great Ormond Street Hospital. Dr Toledano then went on to specialise in sexual health medicine, spending 10 years as a specialist at St Bartholemews Hospital with a focus on family planning and women's health. She holds the Diploma of the Faculty in Family Planning. She also has extensive experience of male sexual health.

As well as many years working in sexual health medicine, Dr Toledano's experience working in endocrinology, dermatology and metabolic medicine has given her a comprehensive base from which to address the needs of patients.

Dr Toledano was the first UK doctor trained by Dr Gluck and after gaining considerable experience, now teaches others in the Marion Gluck principles of bio-identical hormones. Dr Toledano's way of practising provides the best in conventional medical care, together with a unique sensitivity and thoughtful approach to her patients.

DR MARTIN GALY



[Dr Martin Galy](#) was born in Trinidad, West Indies and educated in the UK. He attended medical school at The Royal College of Surgeons in Ireland, where he graduated in 1989. He subsequently trained in UK hospitals as a family physician and general practitioner.

Dr Galy has worked as a private practitioner for the last 25 years in England, Ireland and Trinidad. He has also extensive training in treating addictions. He holds full registration with both the GMC and the IMC.

As part of his personal journey to regain his own health, Dr Galy initially trained in the use of bio-identical hormones and age management medicine with the AMMG in the USA. He then joined the Marion Gluck Clinic, where he combines his vast experience and knowledge from 25 years of traditional medicine with newer restorative medicine.

Dr Galy has also a particular interest in men's health and uses bio-identical hormones coupled with supplements and nutritional therapies to create individualised treatment plans for patients to achieve optimum levels of health and wellness.

DR ATTILIO SPECIANI



[Dr Attilio Francesco Speciani](#) practices in our London Clinic for two days every month, as well as in Italy. Dr Speciani uses the latest knowledge in immunological scientific research in combination with an innovative approach to nutrition to treat food-related inflammation and a variety of immunological and inflammatory diseases. He has carried out his own extensive research into the relationship between food and inflammation and is a prolific writer on the subject. He graduated in Medicine and Surgery in 1979 from Milan State University and went on to specialize in immunology and allergy receiving his Master's specialist degree from the same university. Now he is also registered at GMC in London.

We know what undetected inflammation is: food-related causes are one of the most underestimated inducers of diseases and conditions including allergic diseases (Asthma, Rhinitis, Dermatitis, Hives), immunological diseases (e.g. Lupus and Arthritis), intestinal trouble (IBS, colitis, bloating, malabsorption and inflammatory bowel diseases) and metabolic issues (obesity and diabetes). Reduction of food-related inflammation can help reduce symptoms even when the prevalent cause is not nutritional. Dr Speciani's approach uses a combination of pharmaceutical drugs, supplements, life style and nutritional advice.

USEFUL INFORMATION

London Specialist Pharmacy (LSP)

LSP is the first UK pharmacy specialising in compounding unique and tailor-made prescriptions. Your prescription will be received by LSP within one working day of issue by the Clinic and available for dispensing within five working days of issue.

www.specialist-pharmacy.com

Repeat Prescriptions

During your consultation with the doctor, you will be issued with a series of prescriptions for a specified duration. Once these prescriptions have been used, you must attend a consultation with your doctor in order to receive further medication. It is essential that you meet with your doctor as they will need to re-assess your symptoms and levels of medication, making changes where necessary.

We understand that in some exceptional cases you may require medication before your consultation appointment is due. At our discretion, we may prescribe a small amount of medication that takes you up until your consultation appointment. The cost of this service is £20 in addition to the cost of the medication.

Please note that it is a legal requirement that we see our patients on at least an annual basis if we are to continue prescribing medication.

Payments

All bookings must be secured with a valid credit card number.

By giving us this data, you consent to us storing it securely on our patient records database. We will charge your credit card only if you incur a cancellation fee, at which point you will be given the option to change the credit card which will be charged.

Cancellations

The doctors at the Marion Gluck Clinic are in high demand and many patients have to book ahead to secure an appointment. As a result, any cancellations made with less than 48 hours notice will be charged at the full rate. Cancellations made prior to this will not be charged.

A full set of our policies are held in the Terms & Conditions section of our website.

