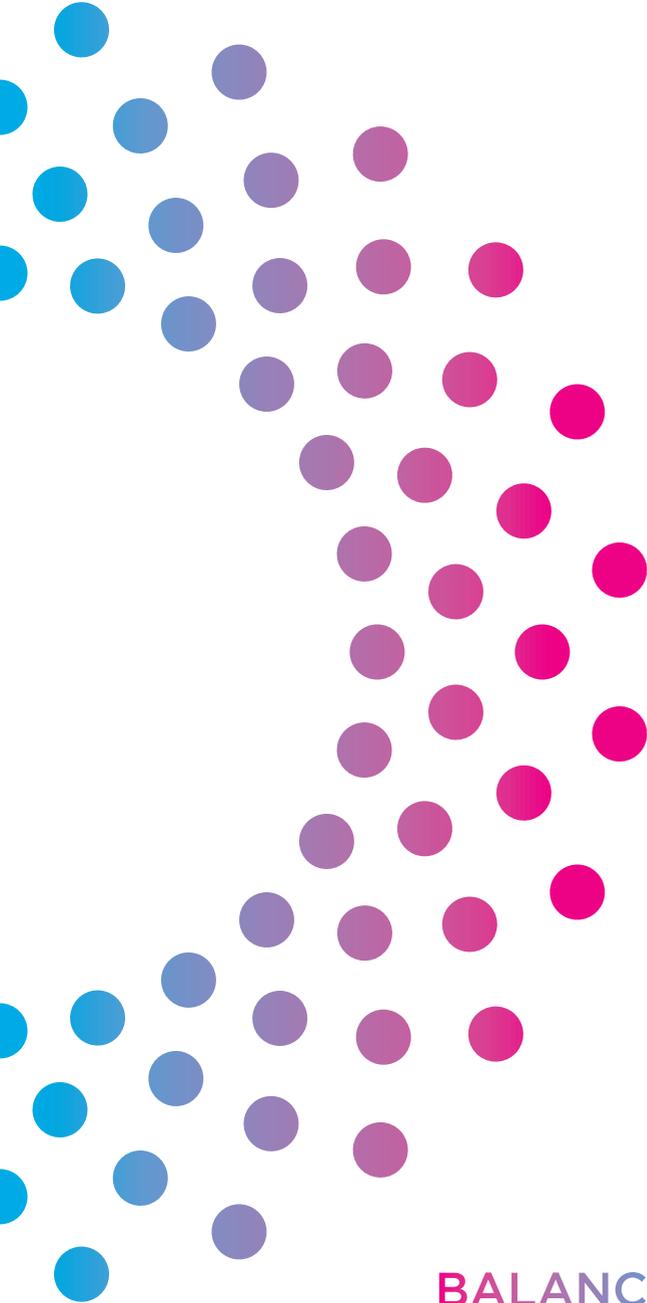


THE  
MARION  
GLUCK  
CLINIC



BALANCING HORMONES

# WELCOME

WELCOME TO THE  
MARION GLUCK CLINIC



**Thank you for choosing the Marion Gluck Clinic.**

I am delighted that you are starting on the path to optimising your health and wellbeing. Having pioneered bio-identical hormones for over 20 years, it's my personal mission to empower patients through our unique programme of education, comprehensive care and personalised medicine.

Through the world-leading 'Marion Gluck Way', my goal is to replenish and balance your hormones to help you achieve optimum health, energy and happiness.

My team of handpicked expert doctors, all personally trained by me, along with our caring support team, are here to make your pathway to health and balance an effective one, and one that is crafted especially for you.

A handwritten signature in black ink that reads "Marion".

**Dr Marion Gluck**

# HEALTH

## YOUR HORMONES

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

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

- Fatigue
- Mood swings and depression
- Hot flushes and night sweats
- Sleep disturbances
- Anxiety
- Low libido
- Sexual dysfunction
- High cholesterol
- Osteoporosis
- Memory loss
- Dry and wrinkled skin.

# BALANCE

## BIO-IDENTICAL HORMONES

**Dr Marion Gluck** has been successfully pioneering bio-identical hormone replacement therapy (BHRT) for more than 20 years.

Her experience shows that both men and women can benefit from bio-identical hormone replacement therapy because it can provide relief from a wide range of symptoms associated with menopause, andropause (male menopause) and other hormone-related conditions, such as premenstrual syndrome (PMS), endometriosis and polycystic ovarian syndrome.

Bio-identical hormones are plant-derived hormones that are identical in chemical structure to those found in the human body. They are based on a substance called 'Diosgenin' which is derived from Mexican yams. All bio-identical hormone treatments prescribed by the Marion Gluck Clinic are individually designed for each patient's particular needs.

If bio-identical hormones are recommended for you, a prescription will be prepared specifically for you in the form of a cream, lozenge or capsule, according to strict guidelines, by a specialist compounding pharmacy.

Bringing you into balance

# SERVICES

## SERVICES WE OFFER

**We offer a comprehensive range of services that aim to restore you to your optimum hormonal balance. We believe in seeing the full picture of your health in order to create a treatment plan specifically for you.**

**Our services include:**

- **Bio-identical hormone replacement therapy**
- **Women's health check**
- **Men's health check**
- **Thyroid treatment**
- **Nutritional advice**
- **Fertility support.**

## SERVICES - MEN AND WOMEN

### WOMEN'S HEALTH CHECK

During your consultation a comprehensive medical history will be taken by your doctor, who will also assess nutrition, lifestyle and health risk factors.

The health check can include a full physical examination, and appropriate blood tests will be carried out to measure:

- Hormone function
- Thyroid function
- Blood biochemistry
- Vitamin D levels
- Full blood count.

Additional tests may also be recommended:

- Ultrasound of the uterus
- DEXA scan for bone density
- Mammogram.

All tests will be carried out at, or organised by, the Marion Gluck Clinic. Additional tests and referrals can be made subject to your needs. If appropriate, a bespoke treatment plan involving bio-identical hormones and supplements will be developed.

### MEN'S HEALTH CHECK

During your consultation a comprehensive medical history will be taken by your doctor, who will also assess nutrition, lifestyle and health risk factors and carry out a full physical examination.

Appropriate blood tests may also include:

- Hormone function
- Thyroid function
- Blood biochemistry
- Vitamin D levels
- Full blood count
- Prostate function.

Additional tests may also be recommended:

- Chest x-rays
- MRI scans
- DEXA scan for bone density.

All tests will be carried out at, or organised by, the Marion Gluck Clinic. Additional tests and referrals can be made subject to your needs. If appropriate, a bespoke treatment plan involving bio-identical hormones and supplements will be developed.

## TREATMENT SCHEDULE

**Patients attending the Marion Gluck Clinic will usually follow the treatment schedule outlined below, although individual needs may dictate variations.**

### **Initial consultation**

45 minutes

**Your doctor will spend time taking a comprehensive history and record of your symptoms. Blood tests and other appropriate tests will be organised in order for the doctor to see the ‘full picture’.**

### **1 week later**

First follow-up appointment – 15-30 minutes

**You will return to the Clinic to review your test results, and if recommended, receive a personalised plan of prescription medicine devised specifically for you.**

### **4-8 weeks later**

Second follow-up appointment – 30 minutes

**This consultation at the Clinic will enable your doctor to review your progress with the prescribed medication. Any required adjustments to your medication will be made.**

### **3 months later**

15-30 minutes

**Progress will be reviewed and repeat prescriptions will be issued where necessary.**

### **6 months later**

30 minutes

**This follow-up will entail a full review of progress, where further tests may be required and prescriptions will be issued as necessary.**

### **Ongoing reviews**

**You will be required to have a review every six months while undergoing treatment.**

## USEFUL INFORMATION

### Contact Us

To contact the Marion Gluck Clinic and speak to one of our team, please call: 020 7402 2151 or alternatively email [secretary@mariongluckclinic.com](mailto:secretary@mariongluckclinic.com)

You can also visit our website for more information:  
[www.mariongluckclinic.com](http://www.mariongluckclinic.com)

### Specialist Pharmacy

Specialist Pharmacy is the first UK pharmacy specialising in compounding unique, tailor-made prescriptions. Please note that as medications are bespoke for each patient, they take longer to dispense than standard prescriptions.

[www.specialist-pharmacy.com](http://www.specialist-pharmacy.com)

### Repeat Prescriptions:

If your doctor recommends a treatment plan including bio-identical hormones, this will be for a specified period. Your doctor may issue a prescription with a certain number of repeats and if so, you will need to make a follow up appointment four weeks before your final prescription runs out. The appointment is to review your treatment plan and if necessary, renew your prescriptions.

### Payments

All bookings must be secured with a valid credit card number, which will be securely stored by our payment processor. You will be contacted to 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

Please note the Marion Gluck Clinic has a two-working-days cancellation policy. If any cancellations are made within less than two working days, the full consultation fee will be charged. Working days are Monday to Friday.



Marion Gluck Clinic London  
61 Wimpole Street  
London W1G 8AH  
T: 020 7402 2151  
E: [secretary@mariongluckclinic.com](mailto:secretary@mariongluckclinic.com)  
W: [www.mariongluckclinic.com](http://www.mariongluckclinic.com)

The Marion Gluck Clinic has been registered by the Care Quality Commission under the Health and Social Care Act 2008. Certificate Number: CRT1-561600073