

# H O T Z E

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## HEALTH & WELLNESS CENTER

### FREQUENTLY ASKED QUESTIONS

#### **How much does it cost to talk to the Hotze Health Coaches?**

Access to the health coaches is included in your treatment program to help ensure your success and that you maintain excellent communication with your provider. Remember that we are always here to help if you have any questions, and we encourage you to take advantage of this resource.

#### **During the first month or so on the program, I felt well, but now I'm tired again and some of my symptoms have returned. What's going on?**

When starting the hormones, you initially will feel well most of the time. Then, the body's hormone receptor sites awaken and start demanding more hormones. It may also mean that you need more adrenal support.

When you feel like some of your symptoms have returned, it is probably time for a dosage increase in one of the hormones. Additionally, you could be experiencing die-off symptoms (see pages 26-27, Hotze Optimal Eating Program book) from the Yeast-Free eating program.

Please call our health coaches to adjust your hormones or make appropriate recommendations.

#### **How long is my follow up visit in the office?**

Your follow up visit will be approximately 10-15 minutes with the provider. However, the entire visit will last approximately 1 hour and could be more if you are having additional procedures performed.

#### **Why does someone call me before my phone visit with my provider?**

Before your provider calls we need to ensure your chart is representative of exactly what is going on with you at the time of your visit. This is to verify your symptoms as well as your hormone doses. Just as a nurse in any medical practice typically will gather and organize information prior to the doctor entering the room, so do we. Essentially this is done to ensure the best use of your time with the provider.

#### **What is spirometry and why do I need to have this performed?**

Spirometry is a test that shows how well your lungs are working. The test measures your exhale volume and the amount of time it takes you to exhale. Testing is easily performed by inhaling a deep breath and exhaling as hard and fast as possible through a tube that is connected to the spirometer.

#### **What is an EKG and why do I need to have this performed?**

An electrocardiogram, also called an EKG or ECG, is a simple, painless test that records the heart's electrical activity.

An EKG shows:

- How fast your heart is beating
- Whether the rhythm of your heartbeat is steady or irregular
- The strength and timing of electrical signals as they pass through each chamber of the heart

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EKGs are used to help detect and study many cardiac abnormalities, such as previous heart attack, arrhythmia, lack of perfusion to the heart muscle, heart failure and other cardiac disorders.

### **What is the Cardiac Health Screen and why do I need to have this performed?**

The Cardiac Health Screen is a safe, painless, and noninvasive ultrasound scan that allows your provider to measure arterial plaque buildup, or atherosclerosis. This test also provides a measurement of vessel wall thickness. This is a "pre-plaque" change that is useful, even if no plaque appears yet. The scan takes 5-10 minutes and is performed with a handheld ultrasound probe.

If atherosclerotic plaque and/or increased wall thickness is found, your physician will offer natural solutions, like dietary changes, lifestyle modifications and possibly other treatment options.

### **What is a bone density test and why do I need to have this performed?**

Bone density testing reveals whether any bone loss is present.

Bone density is measured with x-ray technology called dual-energy x-ray absorptiometry; otherwise known as a DEXA scan. The DEXA scan is a quick, painless and noninvasive procedure in which the bone mass of the lower spine and hip bones are measured to determine bone density.

Based on the results of this procedure your provider will let you know if you have any bone loss. If so he/she will make applicable recommendations to help restore bone density.

- Osteopenia indicates beginning stages of bone loss.
- Osteoporosis indicates a more significant amount of bone loss.

### **Help, I can't get into the Guest Portal. What should I do?**

Call the front office staff at (281) 579-3600 and request that they reset your password.

### **Why can't I have decaffeinated beverages?**

Most coffee and tea manufacturers use formaldehyde to decaffeinate beverages. These are chemicals that you want to avoid. Naturally decaffeinated beverages are fine – it will state this on the label.

### **Where do I find Dr. Hotze's blog?**

You can find the blog by visiting [www.hotzeblog.com](http://www.hotzeblog.com).