

A photograph of a Black woman with her hair pulled back, looking upwards with a serene expression. The image is partially obscured by a purple circular graphic element.

3 Ways to Support Your Patients During Mental Health Awareness Month

Anxiety, confusion, hopelessness, and depression. In the US, 1 in 5 adults will experience mental illness in their lifetime and 1 in 20 will experience a serious mental illness. Now, more than ever, faced with the added stressors of isolation, uncertainty, and worry, many people are turning to their healthcare providers.

October is National Depression and Mental Health Screening Month. Here are three ways you and Biote can make a difference.

1. Foster Awareness of BHRT & Mental Health



Even the slightest hormone imbalance can cause sleeplessness, irritability, anxiety, stress, and a lowered sex drive. When "feel good" hormones like testosterone, serotonin, and dopamine are compromised, this can negatively impact mood and overall well-being. October is the perfect time to talk to your patients about the advantages of BHRT to support their mental health and wellness. The Biote Health Assessment is a great tool to

help identify potential challenges your new and existing patients may be facing.

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2. Recommend Serene to Help Support Mood*

To help relieve stress and anxiousness, and to support mood when your patients need it most, try recommending Serene. DHH-B, the active ingredient in Serene, is derived from magnolia tree bark and has been used in many medical practices throughout Southeast Asia. Serene may help to inhibit stress-inducing hormones like adrenaline and cortisol.



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3. Help Kickstart New Habits with ProLon Pro

Starting a new habit can be difficult, especially a diet. ProLon Pro helps kickstart patients into action with an easy-to-follow five-day meal plan. This fast-mimicking diet helps put the body into ketosis, encourages many of the same benefits associated with fasting, and can be a springboard into making smarter, healthier food choices.



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**PharmaVOICE 100 Most Inspiring
People Selects Biote CEO**

Biote's CEO, Terry Weber, was recently selected as one of this year's PharmaVOICE 100 Most Inspiring People in the life-sciences industry. Read about her mission to combat the gender gap in medical research in the latest issue of PharmaVOICE magazine.

READ MORE



Want to Participate in a Clinical Research Study?

Biote Founder Dr. Gary Donovitz is dedicated to clinical research to drive forward the science behind hormone optimization. Many Biote Certified Providers have recently inquired about volunteering to participate in Dr. Donovitz's future studies. If you are interested in getting involved, select the button below

SIGN ME UP

Watch Dr. Donovitz on the Dose of Dr. Drew Show

In case you missed it live, you can now watch Dr. Donovitz on the Dose of Dr. Drew show. In this episode, Dr. Donovitz discusses his latest book, *Testosterone Matters ... More! The Secret to Healthy Aging in Women*, and his [newly published breast cancer study](#).



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