

## **INFORMED CONSENT FOR TREATMENT WITH PEPTIDES:**

I am executing this consent to confirm my discussion with Dr. Katherine Birchenough and my understanding of the risks, benefits, and alternatives to treatment with peptide therapy.

The goals and possible benefits of this therapy are to try and prevent, reduce or control the dysfunction associated with the aging process, through hormonal balancing, control of oxidative stress, and stimulating the body's own innate repair systems. However, I understand that this treatment may be viewed by the mainstream medical community as new, controversial, and unnecessary by the Food and Drug Administration (FDA).

### **Benefits and General Information:**

**CJC 1295/Ipamorelin** is an analog of the growth hormone releasing hormone (GHRH) which increases endogenous (your own) growth hormone release. Ipamorelin is a selective ghrelin secretagogue which also encourages endogenous growth hormone release. Together, these two peptides are synergistic to increase serum growth hormone levels and thereby increase serum levels of IGF1 and IGFBP3 which initiate the body's natural repair processes.

**BPC 157** is derived from a compound called "body protective complex" which was originally isolated from gastric secretions and was found to protect organs and to prevent ulcers of the stomach. This peptide has been shown to decrease pain and discomfort due to joint injuries and muscle sprains and tears. It can also help with skin integrity and healing from wounds and injuries.

### **Risks:**

The following are examples of some of the possible minor risks/adverse reactions reported for the peptide therapy that may be prescribed for me. At prescribed doses, there are not expected to be any significant risks/adverse reactions as long as full medical disclosure is achieved from the patient during the total time of therapy.

For injectable **CJC 1295/Ipamorelin** adverse reactions include injection site redness, flushing, transient high blood sugar, development of antibodies to CJC 1295, and water retention. These side effects are dose related and usually eliminated by adjusting the dosage. This drug should not be used in patients with known cancer. Oral or sublingual CJC/Ipamorelin doesn't have any known side effects.

For **BPC 157** adverse reactions include injection site redness. Oral BPC-157 does not have any known side effects.

By signing this form, I understand the possible risks associated with this treatment. I understand that Dr. Katherine Birchenough will monitor my treatment in an effort to manage any side effects, but cannot guarantee that I will not experience any side effects or adverse reactions. I understand that, as with any health treatment, there is no guarantee I will obtain satisfactory results through the use of this therapy.

I certify that I have read the foregoing Informed Consent, discussed the issues noted above, had opportunities to ask questions, and agree and accept all of the terms above.

PATIENT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_