

Alpha Hormones® Expands Personalized Hormone, Weight Loss, and Longevity Medicine Services in Pasadena, California

Alpha Hormones® Clinic in Pasadena expands access to personalized hormone optimization, medical weight loss, peptide therapy, and longevity-focused care for men and women.



Pasadena, California Jun 28, 2026 ([Issuewire.com](https://www.issuewire.com)) - [Alpha Hormones®](#) Clinic, a Pasadena-based medical practice focused on personalized hormone optimization, medical weight loss, peptide therapy, metabolic health, and longevity medicine, continues to expand its services for men and women seeking a more individualized approach to wellness, performance, body composition, and long-term health.

Located in Pasadena, California, Alpha Hormones® Clinic provides patient-centered medical care for individuals experiencing concerns related to hormone imbalance, low testosterone, menopause, perimenopause, fatigue, weight changes, metabolic dysfunction, decreased libido, low energy, brain fog, poor sleep, and age-related wellness goals. The clinic's approach combines a detailed medical evaluation, advanced lab review, individualized treatment planning, and ongoing follow-up to help patients better understand their health and make informed decisions about their care.

Led by [Rotana Steven Tek, D.O., A.B.A.A.R.M.](#), Alpha Hormones® emphasizes a comprehensive and personalized model of care. Rather than relying on a one-size-fits-all protocol, the clinic evaluates each

patient's medical history, symptoms, lab findings, lifestyle factors, risk factors, and personal goals before recommending a treatment plan. This may include hormone therapy, testosterone therapy, bioidentical hormone replacement therapy, medical weight loss, peptide therapy, metabolic support, and longevity-focused care when clinically appropriate.

As more patients seek proactive solutions for health optimization, Alpha Hormones® Clinic aims to provide a structured medical pathway that prioritizes evaluation, education, safety, and continuity of care. Many individuals struggle with symptoms that are often dismissed or treated in isolation, including persistent fatigue, difficulty losing weight, poor recovery, changes in mood, decreased motivation, reduced muscle tone, and disrupted sleep. Alpha Hormones® takes a broader view by looking at hormones, metabolism, inflammation, lifestyle patterns, and overall health markers together.

“Our goal at Alpha Hormones® is to help patients feel heard, properly evaluated, and supported with a treatment plan that is personalized to their needs,” said Dr. Rotana Steven Tek, CEO and Medical Director of Alpha Hormones®. “Hormones, metabolism, and longevity care are deeply personal. Patients deserve a thoughtful medical approach that looks at the full picture rather than treating symptoms in isolation.”

Alpha Hormones® provides services for both men and women. For men, the clinic offers testosterone evaluation and testosterone replacement therapy when medically appropriate. Care may include reviewing symptoms, checking relevant hormone levels, monitoring safety labs, and creating an individualized plan based on each patient's clinical picture. For women, Alpha Hormones® provides hormone care related to perimenopause, menopause, low libido, fatigue, mood changes, sleep changes, and other hormone-related concerns. Treatment plans may include bioidentical hormone replacement therapy when appropriate and are designed with ongoing medical monitoring.

The clinic also offers [medical weight loss services](#) for patients seeking physician-guided support for weight management, metabolic health, and sustainable body composition goals. Alpha Hormones® recognizes that weight gain and difficulty losing weight can be influenced by multiple factors, including hormones, insulin resistance, lifestyle, stress, sleep, medication history, and metabolic changes. The clinic's medical weight loss program may include lab evaluation, nutrition guidance, lifestyle support, prescription options, and ongoing follow-up. Treatment may include tirzepatide-based weight management when clinically appropriate and prescribed under medical supervision.

In addition to hormone therapy and weight loss, Alpha Hormones® offers peptide therapy and [longevity medicine services](#) for patients interested in optimization, recovery, performance, wellness, and healthy aging support. Peptide therapy is evaluated on an individual basis and is intended to be part of a broader medical plan that includes appropriate screening, education, monitoring, and follow-up. Longevity-focused care may include advanced lab interpretation, metabolic assessment, hormone evaluation, body composition goals, preventive wellness strategies, and personalized recommendations designed to support long-term health.

Alpha Hormones® Clinic serves patients in Pasadena and surrounding communities including Los Angeles, San Marino, Arcadia, Glendale, Burbank, and greater Southern California. The clinic's Pasadena location allows patients to access in-person consultations, lab review, treatment planning, and follow-up care in a professional medical setting. For eligible patients, telehealth may also be available depending on clinical needs and state-specific requirements, helping individuals receive ongoing medical guidance with greater convenience and continuity.

The clinic continues to grow as demand increases for personalized healthcare options in hormone

therapy, metabolic health, weight management, peptide therapy, and longevity medicine. Patients are increasingly looking for care that goes beyond short visits and generalized advice. Alpha Hormones® focuses on developing a long-term relationship with patients by offering education, follow-up, lab monitoring, and individualized adjustments based on response and safety considerations.

Alpha Hormones® also emphasizes that optimization medicine should be responsible, medically guided, and personalized. The clinic's philosophy is not simply to treat lab numbers, but to understand the patient's symptoms, goals, health history, and risk profile. This allows the medical team to create care plans that are better aligned with each patient's needs and monitored over time.

Patients interested in learning more about Alpha Hormones® Clinic may visit <https://www.alphahormones.com/>.

About Alpha Hormones®

Alpha Hormones® is a medical clinic based in Pasadena, California, focused on personalized hormone optimization, medical weight loss, peptide therapy, metabolic health, and longevity medicine. Under the leadership of Dr. Rotana Steven Tek, Alpha Hormones® provides individualized care plans designed to support patients seeking better energy, wellness, body composition, and long-term health. Services may include in-person care and telehealth when clinically appropriate.



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