

## Bio Identical Hormones

Hormone replacement therapy is the most debated topic in menopause. Should you? Shouldn't you? How much? How long? Is it harmful? Will it make me feel better? The key to answering these questions is to work with professionals who specialize in midlife and menopause issues. You need to ask questions and understand your options. With your prescription today, you are taking the first step towards a healthier, balanced you. Your bio-identical hormones in conjunction with an individualized lifestyle program including nutrition and exercise will help you to achieve optimal well being. Over the coming months (years) we will work closely in the patient-physician-pharmacist triad to help you achieve your goals.

### **BHRT may be helpful in the following:**

- Fibroids
- Mood Swings
- Migraine headaches
- Low libido
- Infertility
- Weight gain
- PMS
- Endometriosis
- Pre-menopausal symptoms
- Heart disease
- Insomnia
- Preserving muscle mass
- Painful Menses
- Fibrocystic Breasts
- Improves skin elasticity
- Osteoporosis
- Arthritis pain
- Preventing memory loss

*Our goal is to recreate balance  
in a safe, accurate, logical manner.*

Your prescription may include one or more of the hormones that the body produces such as estrogen (estradiol, estriol and/or estrone), progesterone, testosterone, DHEA and pregnenolone.

### **Advantages of Compounded BHRT:**

- Individualized dosing
- Affordable & convenient
- Low incidence of side effects

## How to Use Your Customized BHRT Prescription

**Creams:** Topical creams have fewer side effects than oral dosage forms. Some people find them messy and inconvenient however. Your prescription will come with a measuring device, such as a calibrated spoon or syringe. Your dosage is individualized to you, so be sure you understand the proper dosage. The cream can be applied to the inner arms, inner thighs, and buttocks and in **some** cases the breasts. Hormones like fatty tissues and are readily absorbed through the skin. Creams penetrate wet skin, better than dry, so apply to towel dried skin after bathing. Be sure to rub the cream in thoroughly, until it disappears and then for about a minute afterwards.

Avoid applying testosterone to the inner thighs to avoid hair growth there. It can sometimes be applied to the clitoral area in small doses.

**N.B.** The cream can be transferred to your partner, your children/grandchildren or pets. Use with caution.

**Vaginal Creams:** Estriol and sometimes progesterone can be used vaginally. Estriol is used for urinary incontinence or vaginal dryness (or atrophy). Use vaginally each night for up to 2 weeks depending on results and then decreased to 2 to 3 times weekly.

**Capsules:** Alone or in combination, estrogen, progesterone, DHEA or pregnenolone can be compounded into oral capsules. (Testosterone is not as it is poorly absorbed orally). Capsules are long acting and usually taken twice daily. Capsules are a more convenient form and less messy dosage form than creams.

**Lozenges:** Can be used for most hormones, but must be taken more frequently because of their rapid uptake into the blood stream.

*Compounded specifically for you by the staff at*  
**Stuart Ellis Pharmacy**  
**169 Hurontario Street**  
**Collingwood, ON**  
**705-445-4711**

## **Progesterone**

Progesterone comes in two forms, synthetic or bio-identical. The bio-identical form is an exact chemical copy, extracted from either yams or soybeans. The synthetic form is a chemical analogue which will have some effects similar to progesterone but also causes many side effects.

Progesterone benefits:

- Endometrial protection
- Fibrocystic breasts
- Natural antidepressant
- Restores libido
- Normalize blood sugar levels
- Natural diuretic
- Stimulates bone building
- Normalizes blood clotting
- Helps thyroid hormone action
- Precursor to other hormones
- Embryo & fetus support
- Restores proper cell oxygen

Progesterone doses range from 10 mg to 100mg to 200mg, depending on the individual and dosage form used.

## **Estrogens**

Estrogen is found in three different forms in the human body.

- Estrone (E1) approximately 10-20% of circulation estrogen
- Estradiol (E2) approximately 10-20% of circulating estrogen
- Estriol (E3) approximately 60-80% of circulating estrogen (least active in the breast tissue)

Bio-identical estrogens use varying combinations of two or three of the estrogens. Dosages differ between individuals. Hormones are often given in combination, although progesterone is frequently given alone in a cycling female. Your physician and compounding pharmacist can help determine the dosage that is best for you.

## Saliva Testing

Saliva testing can also be used to help determine where the hormone imbalances are occurring. Active hormone levels are more accurately reflected in saliva than in blood or urine, where both the active & the inactive hormones are measured. Saliva testing can be done for estrogens, progesterone, testosterone, DHEA and cortisol levels among others.

## Compounded Hormones

Our compounded products are made with quality hormones and base ingredients. Compounded hormones require a prescription from your physician. Compounding offers you a choice to treat your body as an individual.

*This information was prepared by Stuart Ellis Pharmacy.  
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This health information can provide you with the tools and motivation needed for a healthier lifestyle. Compounding pharmacists are leading experts on medications and are here to solve your problems. The content herein is in no way intended as medical advice on individual health problems. Such information should be obtained during private consultation with your own pharmacist or physician.

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***“Your Compounding Specialists”***

## **Testosterone**

Testosterone is one of the male hormones known as a group as androgens. Its primary responsibility is to increase libido and energy as well as many other aspects of well being. Men will suffer a slow decline in their level of testosterone as they age and some men may benefit from testosterone replacement therapy. However some women may also benefit from a low dose replacement of testosterone. Not only does it provide a sense of wellbeing, but it also improves sex drive and helps maintain vaginal mucosa and bone tissue. It may also be involved in heart health and maintenance of skin elasticity and muscle mass.

## **DHEA**

### **(dehydroepiandrosterone)**

DHEA is another hormone of the androgen family. It has testosterone-like effects. Because DHEA is metabolized eventually to testosterone, low testosterone can also be a misdiagnosed low DHEA. It reaches its peak concentration during one's early 20's and then gradually decreases, reaching about half concentration by age 40 and as little as 5% by age 90.