



“YOUR SOURCE FOR YOUR INFERTILITY AND COMPOUNDING NEEDS.”

A Summary Guide to Bio-Identical Hormone Replacement Therapy (BHRT)

We at Rox San Pharmacy are committed to helping you understand more about Hormone Replacement Therapy and how compounding can be used to customize patient therapy to better fit individual patient needs. Hormone Replacement Therapy has been around for many decades. With over 40 years of compounding experience, Rox San Pharmacy has been compounding hormone replacement for individual clients with satisfied results.

There are three types of hormone replacement therapy: synthetic, natural and bio-identical. The difference between the three is the molecular structure of the hormone. Synthetic hormones are either patented, conventional or artificial hormones. They are man-made hormones made from chemical sources that approximate the hormones the human body naturally produces however, not identical in structure or function. Natural Hormone refers to what's natural to the human body in physiological amounts and ratios. The word "Natural" means that it comes from a plant or animal source. Natural hormones are produced from yam or soy plants rich in compounds known as phytoestrogens, which have hormone-like properties.

Bio-Identical hormones have the similar chemical structure as hormones produced by the human body. In order for a replacement hormone to fully replicate the function of hormones that were originally produced and present in the human body, the chemical structure must exactly match the original. Bio-identical hormones produce the same physiological responses as endogenous hormones. They should be administered in a manner that imitates the body's natural ratios and mechanisms.

The goal of any therapy should be individualized because every person is unique. Therefore, it is a sensible approach for health-care professionals, pharmacists, and patients to work together to customize hormone replacement therapy for each individual. A physical examination, complete medical history, review of symptoms and laboratory testing should be completed before therapy is considered. Lab testing is done on a blood sample used to assess the baseline hormone levels. Based on these levels, a customized treatment can be prescribed. Rox San pharmacy can customize the dosage strength and form administered via the most appropriate route for you and only you. The key to effective hormone replacement therapy is individuality because you are unique and so are your hormones.

The goal of BHRT is to alleviate the symptoms caused by the natural decrease in production of hormones made by your body. Also, to give the protective benefits which were originally provided by naturally produced hormones your body makes to establish a hormonal balance. Your personalized hormone therapy is vital for optimal health.

The Major Bio-Identical Hormones:

DHEA (Dehydroepianosterone)

Estrogen – 3 different natural estrogens that predominate in adult human women are:

E1 = Estrone

E2 = Estradiol

E3 = Estriol

Progesterone

Testosterone

DHEA

declines with age starting in the early twenties. By the age of 70, the body makes only ¼ of average production made in years prior. DHEA supports the immune system, promotes weight loss, increases bone growth, decreases cholesterol and the formation of fatty deposits. It also aids in brain function and offers a sense of well-being.

Estrogen

Estrone (10% - 20% of circulating estrogens) E1

*Weakest form of Estrogen

*Has some protective effect against bone demineralization like estradiol

Estradiol (10% - 20% of circulating estrogens) E2

*Strongest and most dominant estrogen produced by the ovaries

*Has cardio-protective effect as well as provides protection against bone demineralization.

*Estradiol protection declines 40%-60% during menopause and only a small amount may be necessary to ameliorate night sweats and hot flashes.

Estriol (70% - 80% circulating estrogens) E3

*Least carcinogenic of all estrogens

*Results from the metabolism of both estradiol and estrone

*Most protective estrogen ever tested against breast cancer

Estrogens play an important role in relief of symptoms of menopause such as hot flashes, vaginal and urinary dryness, night sweats and mood swings. They help reduce the risk of heart disease and stroke. In addition they help maintain skin health, muscle quality and positive mental outlook.

Estrogen can be compounded as either Estradiol, Bi-Est (Estradiol & Estriol) or Ti-Est (Estradiol, Estriol & Estrone). They can be formulated in capsules, transdermal creams, vaginal creams, suppositories, vaginal capsules, and/or sublingual drops.

Progesterone

Progesterone is the oldest known sex hormone. It is present in every human regardless of age and sex. It is produced by the ovaries and the adrenal gland and metabolized to other active hormones. It decreases headache and bloating associated with menstruation. Natural progesterone protects against uterine and breast carcinoma, osteoporosis, fibrocystic disease and ovarian cysts. Also decreases menopausal symptoms. It can be formulated in capsules, transdermal creams, gels, suppositories, vaginal capsules, and/or sublingual drops.

Testosterone

Testosterone, a potent androgen, is hormone secreted by the testes, ovaries and adrenal glands. Following menopause, women lose not only a significant portion of their ovarian estrogen and testosterone, but also a significant portion of their adrenal androgens, including testosterone. Androgens, rather than estrogen, are responsible for sexual desire in females.

Testosterone is used to enhance libido and sexual performance, increase muscle mass, strength and endurance. It also decreases fat, increases exercise tolerance, bone density, improves skin tone and healing capability. It also prolongs the quality of life by decreasing the diseases of aging, as does estrogen in females and enhances psychological status and well-being. Testosterone protects against cardiovascular disease (lowers cholesterol), hypotension, excess body fat and arthritis. It is a memory enhancer. It stimulates muscles, bone, and the cardiovascular, vascular and neurological system. It protects against tendon and joint degeneration as well as osteoporosis.

We hope that it serves as a guide in BHRT. Please contact our well-trained and educated pharmacists at Rox San Pharmacy with any questions regarding your personal BHRT needs.

Sustained-Release capsules
(Natural Micronized)

Capsules

Drops

Injections

Sublingual Troches (SL)

Suppositories

Topical Cream

Vaginal Gel

Bi-Estrogen (Estriol 80% + Estradiol 20%)

(Estriol 80% + Estradiol 10% + Estrone 10%)

Vaginal Cream

Sublingual Troches

Transdermal Gel

Capsules

Crops (Methyltestosterone)

7-Keto-DHEA Capsule

DHEA

Release (SR) USP capsule

Cream

Lotion

Combination Therapy

Cromolyn Vaginal Creams or Suppository for Vaginal Irritation

Testosterone Vaginal Cream for Dryness-Atrophy

Vaginal Infection

Urethral Infection

Urethral Insert (+ 1% Hydrocortisone + 5% Lidocaine)

Scream Cream (Testosterone/Viagra/Menthol) – New Product!

(Viagra 50mg/Testosterone 5mg) Sublingual Troches – New Product!

Gelic

Cream De-Lafem

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