



Specialty Medicine Compounding Pharmacy

# Competent Compounding

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## Bioidentical Hormone Replacement Therapy

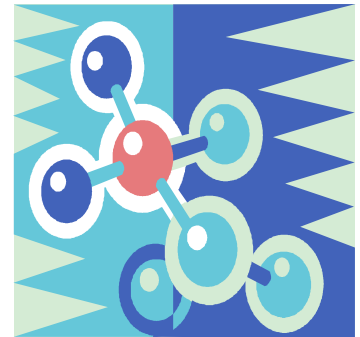
Bioidentical hormone replacement therapy (BHRT), which has been safely used in Europe for more than 50 years, is now gaining popularity in the United States. Bioidentical hormones include estrogens, such as estrone, estradiol, and estriol, progesterone, testosterone and dehydroepiandrosterone (DHEA). They are derived from natural sources such as wild yams and soy plants and are called bioidentical because the molecular structure is identical to the hormones produced by your body. For this reason, your body metabolizes or processes bioidentical hormones as if your body made the hormone itself leading to

numerous advantages over synthetically manufactured hormones.

### Advantages of Bioidentical Hormones:

First, bioidentical hormones are not usually associated with the same adverse effects of synthetic hormones. Since bioidentical hormones look exactly like hormones produced by your body, it is easy for your body to utilize these hormones. This means that the hormones do not "hang around" in the body leading to side effects commonly associated with synthetic hormone products and will not interfere with you own hormone production. Bioidentical hormones also have been

shown to have additional effects that help maintain good health and well being. For example, bioidentical progesterone can promote bone health and cardiovascular health, assist in normal brain development, provide protection from some types of cancer and provide neuroprotection. Progestins, the synthetic form of progesterone, do not possess these additional benefits. Another advantage to bioidentical hormones is that they can be compounded to provide the exact dose of each hormone that you require. Synthetic hormones, on the other hand, are only available in a few strengths which may be too weak or too strong. Hormone levels



can be determined by using a simple saliva test and the results can be used to adjust the dose of each hormone to make sure that it is appropriate for you.

For more information on bioidentical hormone replacement therapy or saliva testing for hormones, please call your local compounding pharmacy.

## Specialty Medicine Compounding Pharmacy

The demands of modern compounding have lead to the creation of pharmacies devoted solely to this art. Specialty Medicine Compounding Pharmacy has been serving your community for over 5 years. Here we specialize in bio-identical

hormone replacement therapies and veterinary medicine, to name a few. We have all the facilities and equipment needed to make anything from topicals to capsules and sterile injectables. We do not accept insurance, but do provide claims

forms with prescriptions we fill. So, next time a patient wants a compound you're unsure of - we'd be happy to serve them!



## Recommended Reading on BHRT

- The Miracle of Natural Hormones 3rd edition  
Author: David Brownstein, MD
- HRT: The Answer  
Author: Pamela Wartian Smith, MD, MPH
- The Sexy Years  
Author: Suzanne Somers