

Carel's Pharmacy & Compounding Center

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Bio-Identical Hormone Replacement Therapy

Bio-Identical Hormone Replacement Therapy (BHRT) is rapidly becoming the most sought after therapy for women currently taking, or in need of, hormone replacement therapy. The following is a brief overview of what BHRT is and how Carel's can help you help your patients:

- BHRT is custom formulated combinations of the USP approved hormones, estriol, estrone, estradiol, progesterone and testosterone, in physiological ratios found in healthy females. Supplements, such as DHEA and Indole-3-Carbinol, are also used.
- BHRT uses 'bio-identical' hormones, meaning they are the exact molecular structure as those produced by the human body. Biochemistry tells us that it is the *structure* of hormones that dictates physiological actions and metabolism of hormones in the human body.
- BHRT boasts a compliance rate of greater than 90% versus less than 60% for traditional combination hormone replacement therapies.
- BHRT is compounded into many different dosage forms to include creams, capsules, suppositories and troches (lozenges) for patient convenience and compliance.
- BHRT is a prescription product. It is not herbal or over-the-counter therapy. It is not available in health food stores or sold over the internet. As with conventional hormone replacement therapy, BHRT requires a prescription from you, the patient's physician.
- For physicians not familiar with BHRT, we offer an extensive hormone replacement consultation, conducted by our specially trained compounding pharmacist, the results of which are used to formulate specific recommendations for the individual hormones and dosing to be presented for your approval.
- Patients for which we at Carel's provide consultant services, are routinely monitored by our pharmacist specially trained in this therapy. Outcome, adverse events and suggestions for adjustment to therapy are forwarded to the physician.

This month's featured compounds are **Bi-Est/Progesterone/Testosterone in Cosmetic HRT Cream** and **Estriol in Cosmetic HRT Cream**.

Bi-Est 0.2mg/Progesterone 20mg/Testosterone 0.5mg in Cosmetic HRT Cream is the commonly used starting dose for menopausal patients. It is applied topically once daily to the inner arm, upper thigh or abdomen area. Note: Testosterone is optional based on absence or dysfunction of ovaries.

Estriol 0.05% in Cosmetic HRT Cream is commonly used to treat vaginal dryness with 1mL of the cream being applied at bedtime for fourteen days then two to three times weekly as needed. It is also used commonly as adjunct therapy for urinary incontinence or frequency.

If you have any questions regarding these therapies or any other medication related problems, please call our specially trained compounding pharmacists and staff at (580) 355-4540. If you would like more information for you and/or your staff, we gladly provide in-office presentations.