

Carel's Pharmacy & Compounding Center

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What is Bio-Identical Hormone Replacement Therapy (BHRT)?

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 same molecular structure as those produced by the human body. BHRT is compounded into many different dosage forms for patient convenience and compliance. BHRT is a prescription product.

Where can you learn more about Bio-Identical Hormone Replacement Therapy?

In conjunction with other area pharmacies, we are hosting a seminar on Bio-Identical Hormone Replacement Therapy on July 9, 2005. Dr. Kenna Stephenson, M.D. and author of "Awakening Athena" will be speaking. Dr. Stephenson, a specialist in women's health care issues, is an assistant professor of family medicine at The University of Texas Health Center at Tyler and principal investigator for several clinical studies on women's health. The seminar will be held at the Duncan Country Club, 1800 Country Club Road, Duncan, OK. There will be a morning session offered at 9:00 a.m. for the medical community and an afternoon session at 1:00 p.m. for the public. The morning session will be offered free of charge to the medical community and the patient session will be \$25. Anybody wishing to attend either session may contact us at 355-4540 to register.

What is Andropause?

Andropause is a condition of aging men in which testosterone levels decrease with resulting estrogen dominance to create a variety of symptoms. The effects over a period of years can be numerous: decreased libido, impotence, decreased muscle mass and strength, osteoporosis, heart disease, sleep disorders, memory failure, decrease of stamina, mood changes, depression and anxiety.

How is Andropause treated?

The body has lost its ability to make the testosterone it needs and may require a prescription for testosterone replacement. Through compounding, we are able to make testosterone cream for patient convenience and compliance.

This month's featured compounds are **Testosterone 0.5% in Cosmetic HRT Cream** and **Testosterone 4% in Cosmetic HRT Cream**.

Testosterone 0.5% in Cosmetic HRT Cream is commonly used in females to treat low libido, fatigue and other signs of testosterone deficiency. The normal starting dose is 0.1mL applied topically in the morning three times weekly to once daily to the inner arm, upper thigh or abdomen area.

Testosterone 4% in Cosmetic HRT Cream is commonly used to treat Andropause in males. The normal starting dose is 0.5mL (20mg) applied topically to abdomen area, upper thigh or inner arm every morning. The dose may be increased in 20mg increments until desired levels are reached. Patients prefer the compounded cream vs. commercially available gels due to price as well as amount applied. The patient normally uses 5 grams of gel at a time while only 0.5 grams of cream is used which eases the applications process.

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.