

# 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: estrone, estradiol, estriol, progesterone and testosterone. These hormones are replaced in physiological ratios found in healthy females. BHRT uses hormones that are exactly the same molecular structure as those produced by the human body. BHRT is compounded into many different dosage forms for patient convenience and compliance. As with any hormone replacement therapy, Bio-Identical hormones are available by prescription only.

## How to get your patient started on Bio-Identical Hormone Replacement Therapy (BHRT)

A. For physician's familiar with prescribing BHRT, simply write or phone-in the prescription. We will be glad to provide preprinted prescription pads that list the most commonly prescribed compounds. Of course, our specialty trained compounding pharmacists are available if you have specific questions or an unusual case.

B. For physician's who feel more comfortable having our compounding pharmacist certified in BHRT make recommendations for doses and routes individualized to the patient's specific history & symptoms:

1. Refer the patient for a BHRT pharmacist's consultation.
2. Order saliva hormone profile or other laboratory tests at physician's discretion. Lab testing should include at a minimum Estradiol, Progesterone (luteal phase if cycling), free testosterone, DHEAs & AM Cortisol (AM/PM or Diurnal if daytime fatigue or weight gain in waist/buttocks are present). Saliva test kits from ZRT Labs are available at Carel's Pharmacy & Compounding Center.
3. Ask the patient to schedule an appointment for consultation with our specially trained compounding pharmacist. **The charge for this consult is \$95.** Note: Patient should pick-up evaluation form prior to appointment as to allow ample time to complete the form in detail.
4. After the consultation is completed and lab results have been received, our pharmacist will prepare and submit to prescribing physician a report detailing the goals of therapy as described by the patient, the pharmacist's opinion of the likelihood of existing hormone imbalances (not be confused with, or construed as a diagnosis) and recommendations for a starting BHRT regimen including provisional prescriptions, supplements and diet & lifestyle changes to optimize results.
5. If the provisional prescriptions are agreeable, the prescriber must sign and return those prescriptions. If questions exist or the physician wishes to make changes to the starting regimen, simply note on the prescription or call the compounding pharmacists at (580) 355-4540.
6. Once approved, the prescriptions will be compounded as directed and the patient will be contacted when they are available. Of course, detailed instructions on use and treatment plan will be provided to the patient.
7. Six to eight weeks after the initial prescriptions are dispensed, the patient will be asked to complete a follow-up and review of symptoms. The results of this follow-up, along with any recommendations for therapy changes, if needed, will be sent to the physician.

If you have any questions, please call our compounding pharmacists at (580) 355-4540.