



Bio-Identical Hormone Replacement

The Natural HRT Choice



Facts for Women



Custom Medicine
PHARMACENTER

Precisely What The Doctor Ordered

“Suddenly, the seven dwarfs of menopause arrived at my door without warning: Itchy, Bitchy, Sweaty, Sleepy, Bloating, Forgetful & All-Dried-Up. One by one they crept into my own private cottage in the woods and started to take over my life.”

-Suzanne Somers

The Sexy Years: Discover the Hormone Connection



Why take hormones at all?

As women age the body's decreased production of hormones can bring about the uncomfortable symptoms of menopause. Symptoms can include hot flashes, increased anxiety, depression, mood swings, vaginal dryness, painful urination, loss of concentration and memory, sleep disturbances, diminished sex drive, painful intercourse, loss of muscle strength and more.

The goal of any hormone therapy is to relieve these symptoms and protect the body from other harmful side effects of aging such as osteoporosis, heart disease, high cholesterol and memory disorders such as Alzheimer disease.



How do Bio-Identical Hormones differ from Synthetic Hormones?

While synthetic hormones may suppress menopausal symptoms, they do not actually replace human hormones. Bio-Identical Hormone Replacement Therapy (BHRT) works to restore and balance hormone levels naturally, allowing the body to enjoy the full complement of the hormones it had in its youth. This natural approach can also help eliminate most of the unwanted effects and long term risks of the traditional synthetic hormone replacement therapies.

What are Bio-Identical Hormones?

Sometimes referred to as "Natural Hormones," bio-identical hormones have a chemical makeup that replicates the exact structure of the hormones your body produces. These hormones get their start in nature, found in soybeans and wild yams. They are easily converted in a lab to match the exact hormones your body makes. The body recognizes these bio-identical hormones and uses them just as it would if the ovaries or adrenal glands were producing them.

Synthetic hormones are conjugated equine estrogens (made from the urine of pregnant mares), and medroxyprogesterone. They have a chemical structure similar to, but not exactly the same as the hormones produced by your body. These chemical differences can mean that synthetic hormones act differently in your body with an increased risk of negative side effects.

Getting Started on Bio-Identical Hormones.



1. **Information** – We offer frequent evening seminars in the pharmacy and a number of resources including bestselling books by BHRT experts such as Dr. Jonathan V. Wright, Dr. Christiane Northrup and Dr. John R. Lee. Also, Suzanne Somers speaks to these issues in her book, "The Sexy Years".
2. **Hormone Evaluation** – BHRT does not have a "standard dose" and must be customized to each woman. Your current hormone levels are evaluated through either a blood serum test ordered by a physician, or you may choose to conduct a saliva test yourself. Custom Medicine has these saliva tests in stock so contact us if you are interested in this non-invasive test..

3. **Consultation** - BHRT needs to be carefully initiated after a woman's personal history, family history, and current medical situation and symptoms are reviewed. We offer private consultations in person or by phone to help answer questions and review the therapy program with you and your clinician.
4. **Prescription** – Based on your lab results, a physician or nurse practitioner will prescribe your specific therapy. Custom Medicine will formulate your prescription in one of many dosage forms, including capsules, sublingual tablets, creams, gels and vaginal suppositories.
5. **Ongoing evaluation** – In order to achieve true hormonal balance, our pharmacists will work in conjunction with your physician to evaluate your hormone levels and see how you are feeling.

If your doctor is unfamiliar with BHRT or needs more information, he or she may contact Bill Beckman at Custom Medicine Pharmacist. We can also help you find a practitioner who specializes in midlife and menopause issues. Ask questions and know your options. Together we can design a program that matches your health needs and goals.



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