

Hormone deficiencies, and imbalances affect

55 million women in the U.S.

50,000 women a day enter menopause.

2,500 women a day enter perimenopause.

80% of women have PMS symptoms.



Do you have questions about
your prescription for **BHRT**

(Bio-Identical Hormone Replacement Therapy)?

BioMed
SPECIALTY PHARMACY®

Can I get Bio-identical Replacement Hormones from any pharmacy?

Most pharmacies can **NOT** compound medications because they do not have the training, time, equipment or staff to manage the special needs of the patients and physicians. **BioMed Specialty Pharmacy has a highly trained staff and state of the art equipment to provide quality compounding services.**

As the number of women seeking hormone related treatment has grown, so has the mass production of pills, patches and creams by the drug industry. **Each woman's body is different and has its own unique needs, but commercially made products do not always account for the differences between individuals.**

Working closely with a woman and her health care provider, a BioMed compounding pharmacist can help a woman start and maintain a BHRT regimen that brings a woman's hormones back into balance and closely mimics what her body has been doing naturally for years.



How can a hormone imbalance affect me?

Hormones affect many areas of your health, including your mood, your metabolism, and your sexual and reproductive function. If your hormones become unbalanced, whether due to menopause or other factors, you may experience a variety of health concerns, including:

- Hot Flashes
- Night Sweats
- Moodiness
- Weight Gain
- Infertility
- Irregular Menstrual Cycle
- Fibrocystic Breasts
- Painful Intercourse
- Vaginal Dryness
- Decreased Libido/Sex Drive

What does BHRT stand for?

Bio-Identical Hormone Replacement Therapy.

BHRT is the use of supplemental doses of hormones whose chemical structure is identical to the hormones that your body naturally produces.

What does BHRT do?

BHRT treats the symptoms of menopause, perimenopause and post menopause.

What are hormones?

Hormones such as estrogen, progesterone, and testosterone are chemicals that carry messages from your organs to your cells. Hormones switch on the genetic machinery that regulates everything taking place in your body.

Hormones can be thought of as the life giving force that controls your physical, mental, and emotional well-being.



What are Bio-Identical Hormones?

Also called natural hormones or human identical hormones, **biologically identical hormones are derived from plants**, such as the wild yam or soybean plant, and are chemically and functionally identical to human hormones.

What is the difference between BHRT and synthetic hormones?

Structural differences exist between human, and synthetic / animal hormones. In order for a replacement hormone to fully replicate the function of human produced hormones, the chemical structure must exactly match.

Your body's hormones operate like a key in a lock. Bio-identical hormones are properly cut keys that fit the lock perfectly. Synthetic hormones fit more like a skeleton key in some, but not all, hormone receptor locks.

Side effects are much more common with synthetic hormones because of poor lock and key fit and not all organs benefit from the protective effects that bio-identical hormones can offer.

Hormones that are most similar to what our body produces naturally support human functioning without increased risk of allergic reactions and sensitivities.

Can BHRT cause side effects?

BHRT's restores and maintains balance. If hormone levels were normal from age 20 to 40, replacing them to restore the same level that was well tolerated for more than 20 years is **unlikely to cause any serious side effects** in later life. The risk is further reduced since only natural hormones are used.

Yet, any type of medication can have side effects if not administered properly. Scientific studies show that the potential benefits of BHRT are great. It's overdosing to excessive levels that causes most problems reported from BHRT. To insure safety, it's important to work closely with your health care provider. Hormone levels should not be raised above a normal youthful range, and side effects can often be relieved with a dosage adjustment.

How long should I take hormones?

The best answer is, "as long as it is needed". The length of time will be different for each person, depending upon their current health and their health care professional's assessment. That's one reason why it's so important to have regular health check-ups.



What can I do to make sure that my BHRT regimen is the most effective?

Rich nutrition is the foundation of hormonal balance. The following nutrients and supplements can help you maximize your BHRT:

- Multiple Vitamin & Mineral Supplement
- Fish Oil or other Essential Fatty Acids
- Probiotic
- Digestive Enzymes

It is important to be selective about the type of supplements you take.

Pharmaceutical grade supplements, available at BioMed, provide a much higher degree of absorption and bioavailability, which means they can be broken down and easily used by the body. Food grade vitamins, sold at supermarkets and health food stores, are manufactured using the least expensive ingredients which makes them difficult to be absorbed by the body.

The absorption of vitamins is critical to improving your health and enhancing your quality of life.

Have your doctor fax your Rx to the BHRT compounding specialists.

Fax Hotline: (877) 791-7779

BioMed
SPECIALTY PHARMACY®

PH: (855) 246-6338
www.biomedrelief.com

FREE
Delivery
Anywhere in
Michigan!

Patient Information:		PLEASE FAX with Patient Demographic Sheet & Rx Insurance Card	
REQUIRED	FIRST NAME:	LAST NAME:	Additional Info
	PRIMARY PH #:	SECOND PH #:	
	DATE OF BIRTH:		
	ALLERGIES: (If no allergies please check the NKDA box) <input type="checkbox"/> NKDA		
		ADDRESS:	
		CITY, STATE, ZIP:	
		EMAIL ADDRESS:	
		DRIVER'S LICENSE OR STATE ID #	

Rx Medication Order: Pharmacist Please Compound: *Prescriber: You may change the directions, or delete / substitute / add any additional medications for all formulations.*

TRANSDERMAL CREAMS:

BI-EST Cream Check one Dose: 0.75mg/gm 1.25mg/gm 2.5mg/gm 5mg/gm ____:____ mg/gm
 Select BI-EST Ratio of Estriol (E₃) : Estradiol (E₂) (80:20) (50:50) (10:90) Note: If no selection, fill (80:20)

Progesterone Cream Check one Dose: 10mg/gm 20mg/gm 30mg/gm 50mg/gm ____mg/gm

Testosterone Cream Check one Dose: 0.25mg/gm 0.5mg/gm 1mg/gm 2mg/gm ____mg/gm

Custom Blended Cream Estriol ____ mg/gm, Estradiol ____ mg/gm, Progesterone ____ mg/gm, Testosterone ____ mg/gm

SIG: Apply 1gm to inner arm, thigh or lower abdomen QD (rotate sites) **QTY:** 30gm 60gm 90gm
NOTE: Medications will be combined into a single cream unless otherwise requested. **Refills:** _____

VAGINAL CREAMS:

Estriol (E₃) Emollient Cream Check one Dose: 0.5mg/gm 1mg/gm 2mg/gm ____ mg/gm **QTY:** 30gm
SIG: Insert 1gm vaginally QHS for 2 weeks, then 2 times weekly for 2 weeks, then PRN **Refills:** _____

Estradiol (E₂) Emollient Cream Check one Dose: 0.5mg/gm 1mg/gm 2mg/gm ____ mg/gm **QTY:** 30gm
SIG: Insert 1/2 gm vaginally QHS for 7 days, then use 2 times weekly **Refills:** _____

Testosterone Emollient Cream Check one Dose: 0.25mg/gm 0.5mg/gm 1mg/gm ____ mg/gm **QTY:** 30gm
SIG: Insert 1gm vaginally QHS for 7-10 days, then 2 to 3 times a week **Refills:** _____

ORAL CAPSULES:

Compounded Progesterone Capsules Dose: 25mg 50mg 75mg ____ mg
SIG: Take 1 cap at bedtime to relieve insomnia **QTY:** 30 caps 60 caps 90 caps 180 caps **Refills:** _____

PRICES FOR ABOVE BHRT *except capsules:	30gm	60gm	90gm
1 Ingredient (single hormone, includes Testosterone)	\$50	\$74	\$110
2 Ingredients (2 hormones)	\$55	\$82	\$121
3 Ingredients (3 hormones)	\$60	\$89	\$132
4 Ingredients (4 hormones)	\$65	\$96	\$143

Amount is per capsule or 1gm of cream. Creams are dispensed in convenient pump bottles or tubes unless otherwise requested. All formulations are gluten, casein, dye, sulfate & paraben free. Capsules are vegetarian upon request. Vaginal creams are alcohol free. 1gm = 1mL = 1cc

(OPTIONAL) ADDITIONAL NOTES: _____

Prescriber Information:	Contact Information:
PRESCRIBER'S SIGNATURE:	ADDRESS:
PRESCRIBER NAME (PRINT):	CITY: STATE: ZIP:
NPI# or DEA# (CTP# for CNPs only): DATE:	PHONE #: FAX #: