

The Mortar & Pestle:

MD Custom Rx's monthly e-newsletter

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MDCustomRx.com

Greetings!

Thank you for entrusting in the compounding services at MD Custom Rx to help meet the unique medication needs of your patients. We are excited to share our monthly newsletter with you and look forward to continuing to be your medication problem solvers. Please don't ever hesitate to let us know how we can be of further assistance to you and your practice.



Sincerely,
Dan, Monica and John

Drug Shortages? We Can Help!

When medications are on back order or discontinued for reasons unrelated to safety, such as declining profitability, we can often obtain the active ingredient as a pure chemical and compound the needed preparation. Compounding also enables us to remove problematic excipients such as dyes, sugar and lactose, and to customize the dose or concentration of a medication. For these reason, patients and physicians may find that they prefer the compounded version.

Contact our compounding pharmacy if you need a medication that has been discontinued, is on back order, or otherwise is not commercially available.



Progesterone for Bone and Brain Health

Progesterone (P4), a well-known neurosteroid, is produced by ovaries and placenta in females and by adrenal glands in both sexes. Progesterone also has multiple non-reproductive functions, and is synthesized by central nervous system (CNS) tissues to perform various vital neurological functions in the brain.

Experimental, epidemiological, and clinical data indicate that progesterone is active in

bone metabolism. Progesterone appears to act directly on bone by engaging an osteoblast receptor or indirectly through competition for a glucocorticoid osteoblast receptor. Progesterone seems to promote bone formation and/or increase bone turnover. It is possible, through estrogen-stimulated increased progesterone binding to the osteoblast receptor, that progesterone plays a role in the coupling of bone resorption with bone formation.

In the central nervous system, progesterone helps to regulate cognition, mood, inflammation, mitochondrial function, neurogenesis and regeneration, myelination and recovery from traumatic brain injury. A substantial body of experimental evidence from animal models documents the neuroprotective role of progesterone in various CNS injury models, including ischemic stroke. Extensive data have revealed that progesterone elicits neuroprotection through multiple mechanisms and systems in an integrated manner to prevent neuronal and glial damage, thus reducing mortality and morbidity. Progesterone has been described as safe for use at the clinical level through different routes in several studies.

Progesterone alone or in combination with estradiol therapy may improve quality of life for a postmenopausal woman, whether or not she has an intact uterus. In addition to mitigating or preventing vasomotor symptoms or postmenopausal bone loss, oral progesterone causes drowsiness and can be administered at bedtime as part of an HRT regimen, and in this way can help with sleep.

[Journal of Osteoporosis Volume 2010, Article ID 845180.](#)

[Endocr Rev. 1990 May; 11\(2\):386-98.](#)

[Front Neuroendocrinol. 2008 May; 29\(2\):313-39.](#)

[J Environ Pathol Toxicol Oncol. 2017; 36\(3\):191-205.](#)

Quality of Life and Sexual Function of Postmenopausal Women Using a Ultra Low-Concentration Estriol Vaginal Gel

Postmenopausal women with vulvovaginal atrophy symptoms and sexual disorders were enrolled in a case-control study to evaluate sexual function and quality of life (QoL) of naturally postmenopausal women affected by genitourinary syndrome of menopause who were treated with an ultra low-concentration estriol vaginal gel (0.005%).

Women were treated with vaginal gel (containing 50 micrograms of estriol) daily for 3 weeks and then twice weekly up to 12 weeks. Vaginal maturation index, vaginal pH, and vaginal atrophy symptoms were evaluated. QoL, sexual function, and distress were investigated using the Short Form 36, Female Sexual Function Index, and Female Sexual Distress Scale questionnaires. Changes between baseline and week 12 were assessed.

Sixty-eight women were included in the study group, and 42 women were included in the control group. Women on estriol vaginal gel had a significant increase in vaginal maturation index and improvement of vaginal pH compared with baseline. Mean total Female Sexual Function Index score improved, and Female Sexual Distress Scale score decreased from baseline to follow-up. Results from the Short Form 36 questionnaire showed a significant improvement in the overall index of somatic aspects. The control group showed no changes from baseline evaluation.

CONCLUSIONS: Estriol vaginal gel (0.005%) therapy significantly improves the trophism of the vaginal mucosa and the sexual health and QoL of naturally postmenopausal women. These results confirm that low doses of vaginal estrogen must be considered as the first choice for the initial treatment of postmenopausal genitourinary symptoms.

[Menopause. 2016 Jan;23\(1\):47-54.](#)

Androgen Treatment for Postmenopausal Women

Testosterone is physiologically important for women. Serum testosterone levels decline with age, with the most precipitous fall being prior to menopause. There is no level of testosterone which defines a woman as being testosterone deficient. However, there is substantial high quality evidence to support the use of testosterone for the treatment of hypoactive sexual desire disorder in postmenopausal women. Preliminary data suggests testosterone has favorable effects on bone and muscle mass, cognitive function and the cardiovascular system.

[J Steroid Biochem Mol Biol. 2014 Jul; 142:107-14.](#)

MD Custom Rx Educational Events

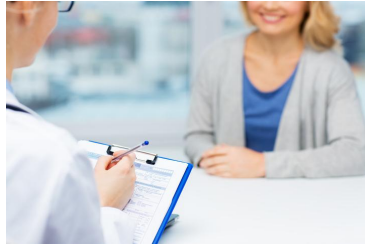
We regularly offer educational events at the pharmacy. Be sure to share our events with your patients. [VISIT OUR WEBSITE](#) to see our schedule and to register. If you are interested in speaking on a topic, please contact the pharmacy.



[Write a Prescription for a Compound](#)

Learn more about how to write a prescription for a compounded preparation.

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Learn more about our Collaborative BHRT Prescribing Program.

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At MD Custom Rx, we strive to provide the best quality of care. Your comments are important to us and they will help us to continue to improve the services we provide.

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