

## The Mortar & Pestle:

MD Custom Rx's monthly e-newsletter

March 2018

### Greetings!

At MD Custom Rx, we care about our patients and want to provide you with quality information about your health. If you ever have questions or would like more information, please feel free to ask. We look forward to caring for you and your family.

Sincerely,  
Dan, Monica and John



## Increase in Use of Compounded Hormone Therapy

Over the past 15 years, there has been a continual increase in the use of compounded bioidentical hormone therapy, compared to manufactured combinations, for the treatment of menopausal signs and symptoms. Using a combination of internet survey data, US Census Bureau statistics, and prescription data, a recent US study estimated that compounded bioidentical hormone therapy may account for 28% to 68% of all hormone therapy prescriptions and each year, it may be used by 1 to 2.5 million women over the age of 40.



The use of compounded bioidentical hormone therapy became more common starting in 2002, after the Women's Health Initiative (WHI) showed possible harm in women with an average age of 63 who were treated for more than 5 years with the synthetic hormones conjugated equine estrogens (CEE) and medroxyprogesterone acetate (MPA). Published data suggests a better safety profile for estradiol and natural progesterone therapy versus conjugated equine estrogens and progestins.

*Customized estradiol and progesterone combinations are available through our compounding pharmacy. We welcome your questions and the*

*opportunity to work with you and your doctor to solve your medication problems.*

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***Talk to our Vitamin Coach, Dan Zatarski, R.Ph., Pharm.D. to discuss supplement options that could help with hormonal symptoms and stress management.***

**SCHEDULE A CONSULTATION**

**MD Custom Rx PRESENTS:**  
**The Impact of Stress -**  
**How to Support Your Adrenal Health**  
*With Kathy Kiss from Standard Process Inc.*  
*and Dr. Dan Zatarski, PharmD*

**Tuesday, March 20, 2018**  
**6:30pm - 8:00pm**

At MD Custom Rx  
In the Sendiks Towne Center  
19035 W. Capitol Drive. Ste. 105  
Brookfield, WI 53045

**Call 262-373-1050 to Register.**  
**Space is Limited.**

Cost: \$10 per person - receive back  
as supplement credit the day of  
event.



**MD Custom Rx is now offering an app!**

Our app transforms how we help you to improve your health outcomes and ultimately reduce your costs. The app is available in the [Apple iTunes](#) and [Google Play](#) stores. Improve you and your family's health, reduce your healthcare costs and increase your medication compliance.

- Convenient and easy prescription refills.
- Reliable medication reminders.
- Immediate access to our services
- Manage multiple family members.
- For healthcare professionals, manage multiple patients.
- Optimized for compounded, chronic condition and specialty drugs.

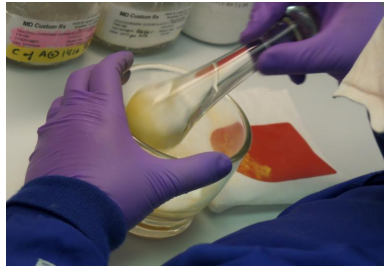
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## Compounded Medications

Countless therapeutic possibilities exist when medications can be customized to meet the unique needs of a specific patient. [Read](#)

[More](#)



## Nutritional Supplements

MD Custom Rx provides the highest quality pharmaceutical grade supplements at a discounted price and with FREE shipping! [Read More](#)

