

## The Mortar & Pestle:

MD Custom Rx's monthly e-newsletter

May 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



## Menopausal? Your Risk of Diabetes is Increased, but Estrogen Therapy May Help!

The hormones estrogen and progesterone affect how your cells respond to insulin. It is known that younger women are less likely than men to develop type 2 diabetes. But after menopause, the trend reverses dramatically, and women are at higher risk of diabetes. Changes in hormone levels can trigger fluctuations in blood sugar levels. High blood sugar levels can worsen problems associated with menopause by contributing to urinary tract and vaginal infections, and diabetes can damage the nerves of the cells that line the vagina and interfere with arousal and orgasm. Having diabetes means that you are have a greater chance of a having a heart attack or stroke.



A recent study pointed out that estrogens help prevent insulin resistance and obesity. Study leader Professor Jacques Philippe, a diabetes specialist, said: "It is important to remember hormonal substitution, when taken at the beginning of menopause and for a few years only, does not cause any particular risk of cardiovascular events." The study concluded that a woman treated appropriately with hormone replacement therapy is up to 35 percent less likely to develop type 2 diabetes.

*Ask our pharmacist about how we can work together with you and your*

*physician to customize hormone therapy to meet your specific needs.*

<https://www.mayoclinic.org/diseases-conditions/diabetes/in-depth/diabetes/art-20044312>  
[JCI Insight. 2018; 3\(7\):e98569.](#)

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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 also improve your overall health.*

**SCHEDULE A CONSULTATION**

## MD Custom Rx PRESENTS: **The Fast Mimicking Diet** With Dr. John Whitcomb, M.D.

Put the science around the what actually really works for weight loss on everyone. Everyone!

Hear about how your pancreas can regrow insulin cells.

Learn how to turn on your Longevity Genes.

Give me 5 days every month for 6 months and I will give you the end of meds for diabetes.



**Wednesday, May 9, 2018**  
**6:30pm - 8:00pm**

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

**REGISTER NOW - Call 262-373-1050 or [ONLINE](#)**  
**This event will fill up fast!**  
**Space is Limited.**

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

*Keep up-to-date with all events at MD Custom Rx! [READ MORE](#)*

**SAVE THE DATE: Natural Solutions to Allergies**  
**Wednesday, June 6th**  
**6:30pm - 8:00pm**

**REGISTER NOW - Call 262-373-1050 or [ONLINE](#)**  
**This event will fill up fast!**

Space is Limited.

Most allergy products cause side effects because they force your body to function in a way that is not natural. Come and learn about NATURAL SOLUTIONS!

Natural solutions build an effective defense against allergies; helping the body achieve long-term control.

At MD Custom Rx

In the Sendiks Towne Center

19035 W. Capitol Drive. Ste. 105

Brookfield, WI 53045

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

**Keep up-to-date with all events at MD Custom Rx! [READ MORE](#)**

## MD Custom Rx has 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.

**DOWNLOAD TODAY!**

<https://itunes.apple.com/us/app/md-custom-rx/id1336964726?ls=1&mt=8>

<https://play.google.com/store/apps/details?id=com.productworld.rxmmdcustomrx>



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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](#)



