

The Mortar & Pestle:

MD Custom Rx's monthly e-newsletter

November 2019



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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



Menopause and Estrogen Deficiency: Skin Problems

Menopause causes estrogen deficiency which affects the skin through accelerated collagen breakdown, decreased elastin, and dehydration. Loss of collagen results in skin that lacks tone and is more able to stretch and expand. When estrogen levels are low, skin becomes dry and itchy, is more fragile, and has more and deeper wrinkles. Several studies suggest bioidentical hormone therapy (BHT) may alleviate these symptoms, increasing skin hydration and reducing shriveling.



Excessive facial hair growth occurs in 39% of menopausal women, with the chin being the most common location. Scalp hair loss occurs in some post-menopausal women. Estrogen deficiency can also interfere with wound healing, but hormone therapy can reverse this problem.

We personalize therapy based on a patient's hormone levels, lifestyle, and symptoms. Hormones can be prescribed in lower doses and the best dosage form for delivery via the optimal route. Our compounding pharmacist works together with patients and health care practitioners to determine the most appropriate formulation for each woman.

Reference: [Dermatology Journal Online. 2019 January; 25\(1\)](#)

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Our Vitamin Coach, Dan Zatarski, R.Ph., Pharm.D. is available to discuss supplement options that could help with drug induced nutrient depletion (DIND).

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