



262.373.1050
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

Save Compounded Hormone Therapies!

The FDA commissioned a study from the National Academies of Sciences, Engineering, and Medicine (NASEM) on the safety, effectiveness and use of compounded bioidentical hormone therapy (cBHT or cBHRT). The NASEM committee has suggested restricting use of cBHT to patients with allergies to FDA-approved drugs, despite the fact that many FDA-approved therapies may not meet the dosing needs of all patients. The committee did not include a pharmacist with clinical experience, a compounding pharmacist or a physician with substantive experience in bioidentical hormone therapy. NASEM also ignored patient outcomes. The Alliance for Pharmacy Compounding aims to correct that by collecting and aggregating clinical outcome data, as well as by collecting testimonials at www.A4PC.org/cbhtandme. The site allows patients, pharmacists, or healthcare providers to type in a short testimonial, or even upload a document or an audio or video recording.



For decades, pharmacists around the world have safely compounded specific strengths and dosage forms of hormones using the highest quality ingredients (identical to those used in manufacturing FDA-approved products). If you are taking or have taken compounded hormone therapy, please take a few minutes to share your experiences by

providing a testimonial at www.A4PC.org/cbhtandme. The more information we can gather, and the more detailed it is, the better we can support the millions of patients who rely on cBHT. If you have questions, please contact our pharmacist for more information about protecting your access to compounded hormone therapies.

Customized Hormone Therapy for Women

Over the years, data indicates an increase in the use of compounded bioidentical HRT versus manufactured combinations of estrogens and progestins for the treatment of menopausal signs and symptoms. Published data suggests a safer profile of estradiol and natural progesterone therapy versus conjugated equine estrogens and progestins.

In 2002, the Women's Health Initiative (WHI) showed possible harm in women with a mean age of 63 that were treated for more than 5 years with conjugated equine estrogens (CEE) and medroxyprogesterone acetate (MPA). This deterred many women from initiating or continuing prescribed hormones. Since the publication of the WHI, an increase in the use of compounded bioidentical hormone therapy has occurred in the United States.

Using a combination of cross-sectional 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 may be used by 1 to 2.5 million women aged ≥ 40 years annually.

Customized 17 β -estradiol and progesterone combinations are available through our compounding pharmacy.

[Maturitas. 2015; 81:28–35](#)

Customized Hormone Therapy for Men

In most men, serum testosterone concentrations decline steadily with age. Studies report that the total serum testosterone concentration of men at age 75 years is about two thirds of the levels at age 25 years. Approximately 50% of men older than 80 years and about 20% of men older than 60 years have low serum testosterone concentrations. However, some men may go through a rather sudden change in testosterone levels. Signs and symptoms may include:

- weakness
- fatigue
- osteoporosis
- heart disease
- atherosclerosis
- irritability
- depression, anxiety
- metabolic syndrome
- slow wound healing
- reduced libido
- erectile dysfunction
- prostate problems
- low sperm counts
- reduced muscle mass
- disturbed sleep; insomnia
- impaired blood cell formation
- reduced cognitive function

The diagnosis of low testosterone levels (hypogonadism) is based on the presence of signs or symptoms and must be confirmed by laboratory testing, which should include

Total Testosterone, Bioavailable Testosterone (Free plus Albumin Bound), Estradiol, Cholesterol, Prostate Specific Antigen (PSA), Complete Blood Count (CBC), Hemoglobin, and Hematocrit. A consensus statement by the International Society of Andrology, International Society for the Study of Aging Male, European Association of Urology, European Academy of Andrology, and American Society of Andrology, concluded that men with a serum concentration above 350 ng/dL generally do not require therapy, while men with serum testosterone concentrations below 230 ng/dL will usually benefit from testosterone replacement therapy (TRT).

In older men, an optimal plasma testosterone level is associated with reduced all-cause mortality. When hormones are replaced or restored back to physiologic levels considered normal for younger males, men may experience a dramatic reversal of many signs and symptoms. Proper monitoring of laboratory values and clinical response are essential for optimal testosterone replacement therapy.

Treating Sexual Dysfunction

At midlife and beyond, both men and women face organic changes that can affect sexual function. For women, estrogen deficiency can lead to genitourinary syndrome of menopause, which may include vaginal dryness, irritation/itching, inadequate lubrication, and dyspareunia. For men, erectile dysfunction prevalence increases with age, and some men develop testosterone deficiency.

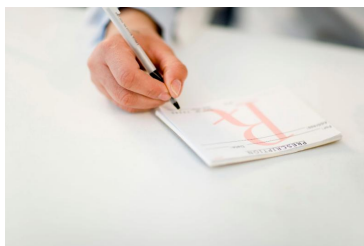
Both men and women may experience age-related changes concurrently and interdependently. In such cases, it is unhelpful, and sometimes detrimental, to treat the symptoms for only one member of the couple without also treating the other. Taking a couple-oriented approach to evaluate and manage couples in the latter half of life can dramatically and simultaneously help both members of the couple to improve sexual satisfaction and intimacy.

Ask our pharmacist about testing for hormone imbalances and the benefits of customized hormone restoration therapy.

[Sex Med Rev. 2019 Oct;7\(4\):636-649.](#)

MD Custom Rx Educational Events

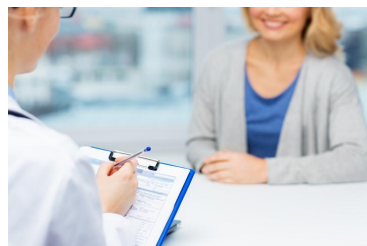
We regularly offer educational events at the pharmacy. Be sure to share our events with your patients. [VISIT OUR WEBSITE](#) to see our schedule and to register. If you are interested in speaking on a topic, please contact the pharmacy.



Write a Prescription for a Compound

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

[LEARN MORE](#)



Collaborative BHRT Prescribing

Learn more about our Collaborative BHRT Prescribing Program.

[LEARN MORE](#)



PCAB Accreditation

Why it's important to use a PCAB Accredited Compounding Pharmacy?

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Would you share your experience with MD Custom Rx?

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.

Please take a moment to review us.

