

WOMEN'S HEALTH QUESTIONNAIRE

Have you experienced any of the following recently? Check the severity level that best describes your experiences from mild to severe below.

	MILD	MODERATE	SEVERE
Sleep Disruptions	_____	_____	_____
Fatigue	_____	_____	_____
Vaginal Dryness	_____	_____	_____
Irritability	_____	_____	_____
Hot Flashes	_____	_____	_____
Mood Swings	_____	_____	_____
Decreased Sex Drive	_____	_____	_____
Depression	_____	_____	_____
Night Sweats	_____	_____	_____
Bladder Symptoms	_____	_____	_____

YOU MAY BE A CANDIDATE FOR BHRT:

If you are experiencing moderate or severe levels of two or more of the symptoms. Talk to one of our providers today about options that may be good for you.

SCHEDULE A CONSULTATION
WITH US TODAY!

(000) 000-0000

BIO-IDENTICAL HORMONE

pellet therapy was developed 80 years ago and is considered a safe and effective medical protocol for customized hormone replacement used worldwide.

THE RESULTS

Improve your quality of life
Increase sex drive
Increase energy
Improve mental clarity
Improve physical stamina
Increase muscle mass
Decrease body fat
Improve sleep and mood stability
Reduce risk of:
Osteoporosis
Alzheimer's disease
Heart disease
Diabetes

THE PROCEDURE

typically takes 10–15 minutes. This will deliver consistent hormone levels over an extended period of time, typically three to six months.

PRODUCT QUALITY

When considering pellet therapy, be assured that Pro-Pell pellets are formulated to the highest standards under sterile conditions.

PCAB ACCREDITED IN STERILE
& NON-STERILE COMPOUNDING



www.ProPellTherapy.com

BIO-IDENTICAL HORMONE REPLACEMENT THERAPY FOR WOMEN



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HORMONE RELATED SYMPTOMS OR PROBLEMS OCCUR THROUGHOUT THE FEMININE LIFE CYCLE

- PMS
- Poor concentration/ Memory lapses
- Weight gain
- Mood swings
- Reduced libido
- Osteoporosis
- Vaginal thinning/ dryness
- Hot flashes
- Night sweats
- Insomnia/Disturbed sleep

Hormone Replacement Therapy (HRT) can effectively control symptoms of menopause, including hot flashes, insomnia, vaginal dryness, and frequent urinary tract infections.

For decades, physicians have been prescribing Bio-identical Hormone Replacement Therapy (BHRT) for women who have experienced problems or have other concerns about the use of synthetic hormones.

WHAT ARE BIO-IDENTICAL HORMONES?

Bio-identical hormones have the same chemical structure as hormones that are made by the human body. Structural differences that exist between human, synthetic and animal hormones can be responsible for side effects that are experienced when non-bio-identical hormones are used for replacement therapy. The term "bio-identical" does not indicate the source of the hormone, but rather indicates that the chemical structure of the replacement hormone is identical to that of the hormone naturally found in the human body.

Today's women prefer natural hormones. In a survey of a nationally representative sample of 1,009 women aged 40 and older, 83% said they would prefer to use hormones that are similar to their own body's hormones. Bio-identical hormones include estrone (E1), estradiol (E2), estriol (E3), progesterone, testosterone, dehydroepiandrosterone (DHEA), and pregnenolone.

THREE TYPES OF HORMONES

The three types of hormones typically prescribed for BHRT are:

- Estrogens
- Testosterone
- Progesterone

ESTROGENS

- May increase HDL "good" cholesterol and decrease LDL "bad" cholesterol
- Helps to decrease blood pressure and reduce plaque formation on the arterial walls
- May improve mood, energy levels, and sleep patterns
- May reduce the risk of developing or the severity of type 2 diabetes
- May improve memory and cognitive function
- May reduce bone loss

The three principle estrogens in humans are estriol (E3), estradiol (E2), and estrone (E1). These hormones are often prescribed in various combination to re-establish a normal physiologic balance.

In addition to treating menopausal symptoms, BHRT has been shown to be effective in decreasing the risk of Alzheimer's Disease and colorectal cancer.

TESTOSTERONE

- Enhance libido
- Enhance bone building (increase calcium retention)
- Provide cardiovascular protection (lower cholesterol)
- Improve energy level and mental alertness

Recently, attention has turned to the addition of the androgens, testosterone and dehydroepiandrosterone (DHEA) to alleviate menopausal symptoms and further protect against osteoporosis, obesity, and diabetes.

PROGESTERONE

- Is necessary during pregnancy for maintenance of the uterine lining
- May enhance the beneficial effect of estrogen on lipid and cholesterol profiles
- Stimulates new bone growth
- Helps to "turn off" estrogen

Mayo Clinic researchers surveyed 176 women taking natural micronized progesterone who had previously taken synthetic progestins. After one to six months, the women reported an overall 34% increase in satisfaction on micronized progesterone compared to their previous HRT, reporting these improvements: 50% reduction in hot flashes, 42% reduction in depression, and 47% experienced less anxiety.

Progesterone is commonly prescribed for perimenopausal women to counteract "estrogen dominance." Perimenopause is the time between the onset of changes in hormonal secretions and menopause, and is characterized by fluctuating hormones. Estrogen dominance occurs when a woman produces smaller amounts of progesterone relative to estrogen levels.

GOALS OF BHRT

- Alleviate the symptoms caused by the natural decrease in production of hormones by the body
- Give the protective benefits which were originally provided by naturally occurring hormones
- Re-establish a hormone balance

Every woman is unique. That is why at Pharmacy Solutions, our compounding specialists work together with patients and prescribers to provide customized bio-identical hormone replacement therapy in the best strength and dosage form to meet each woman's specific needs and minimize the potential for side effects.

OPTIONS FOR COMPOUNDED BHRT:

- Topical creams and gels
- Pellets
- Buccal tablets
- Suppositories