



BHRT INSTRUCTIONS

Your compounded prescription(s) may have been sent to Rosvold Pharmacy in Cinnaminson or Harry's Pharmacy in Ewing. The phone number for Rosvold Pharmacy is 856-829-4877. They can ship or you can pick up. The phone number for Harry's is 609.251.4500. They can ship or you can pick-up at Healthvia pharmacy in Marlton. You may receive an email for supplement requirements or suggestions from www.wellevate.com. Please check your email if we discussed it at your appointment.

BHRT cream or gel should not be applied to the breast or abdominal areas. You can apply the cream to your thighs, buttocks or upper arms. The cream should be rubbed in for 3 minutes. The risk of transferring (to another person or animal) can occur for up to 4 hours- so choose your site accordingly.

Estrogen and testosterone can be applied in the morning. Any residual estrogen cream left on your hands can be patted on your face - then wash your hands. Progesterone cream and capsules should be used at night.

Improvement in any hormonal deficiencies usually begins in 2-3 weeks after starting treatment, with definitive changes around the 8th week. If hormones are right for you, they are going to feel right, and you will have a sense of well-being. This is important! People who need hormones and take the right ones, in the right doses, feel better! If you do not feel well from taking hormones, changes may be needed, and your dosages titrated.

Titration is a process of starting with a low-medium dose and gradually increasing the amount of the dose until the symptoms of hormonal insufficiency are alleviated. All the while, we are careful to stay shy of symptoms of hormonal excess or to back down the dosage if symptoms of excess are reached.

If you feel that you are having any symptoms of excess or deficiency, I may need to tweak your dosing. If you are using a cream, you may need to add an extra click or decrease a click. There is definitely not a one size fits all approach to hormone replacement.

Please review the charts below to determine if you need to titrate any of your hormones. If you feel you have any concerns that need to be addressed before your next routine appointment, please call the office to schedule 856-988-8483

ESTROGENS

Too little:

- Warm rushes
- Night sweats
- Sleep disturbance*
- Mental fogginess &/or forgetfulness
- Weight gain (primarily thighs, hips &/or buttocks)
- Dry vagina, eyes &/or skin
- Diminished sensuality & sexuality*
- Sense of normalcy only during 2nd week (if cycling)
- Hot flashes*
- Temperature swings
- Racing mind at night
- Fatigue or reduced stamina
- Episodes of rapid heartbeat &/or palpitations
- Pain during intercourse
- Loss of glow
- Back &/or joint pain
- Intestinal bloating
- Headaches &/or migraines

Too much:

- Breast tenderness*
- Breast fullness
- Impatient but clear of mind
- Pelvic cramps (w or w/o bleeding)
- Nipple tenderness
- Malaise
- Water retention (swollen fingers, legs &/or ankles)
- Hot flashes* (if excessive dose!)

** These symptoms can have more than one cause.
When in doubt, call your doctor*

Do not exceed your doctor's suggested maximum dosages

Finding Your Optimal Dose

PROGESTERONE

Too little:

- Sleep disturbance*
- Increased anxiety
- Mood disturbances (sometimes severe)
- Hot flashes*
- Breast tenderness*
- New &/or enlarged breast lumps
- Water retention*
- Difficulty relaxing
- Decreased libido*
- Period irregularities (if still menstruating)
- PMS, fibroids, &/or endometriosis

Too much:

- Drowsiness
- Waking up groggy &/or edgy
- Sense of physical instability
- Hot flashes* (if very excessive dose!)
- Feeling depressed
- Slight dizziness
- Leg discomfort/pain
- Water retention*

TESTOSTERONE

Too little:

- Diminished libido*
- Loss of sense of security
- Body hair loss
- Diminished energy/stamina
- Flabbiness/muscular weakness (upper arms, thighs, & cheeks)

Too much:

- Hyper-aggressiveness
- Excessive oiliness of skin
- Increased pimples/acne
- Increased hair growth on body, face, &/or place of application