

FAQ

What is Oestrogen?

Oestrogen is the name given to a class of hormones. There are three major oestrogens produced by women called oestriol, oestradiol and oestrone. Oestradiol is the most potent. Often spelt as estrogen, estrone, estradiol, estriol

What is natural progesterone?

Progesterone is a naturally occurring hormone in both men and women. Progesterone is essential for many vital functions in the human body. The ovaries produce most of the progesterone, but this is only if ovulation occurs. As women approach menopause, less progesterone is produced. The deficiency of progesterone is responsible for many symptoms associated with menopause.

Progesterone also balances the effects of oestrogen. Even after a hysterectomy oestrogen in the body needs to be balanced with progesterone.

Testosterone for women

Women's ovaries and adrenal glands also produce testosterone. During menopause women can experience a drop in oestrogen and testosterone production. Testosterone is important in maintaining sexual desire, strength and integrity of skin, muscle and bone. Low levels of testosterone will result in a decreased sex drive, fatigue and decreased sense of well being.

Where do hormones in compounded medication come from?

Natural hormones are obtained from sterol analogues found in many varieties of plants, primarily soybean and wild yam. These oestrogen and progesterone like compounds are then transformed in the laboratory to the human bio-identical natural hormones.

Can Hormone Replacement Therapy (HRT) cause side effects?

HRT's goal is to restore and maintain a physiological status. If hormone levels were normal from age 20 to 40, replacing them to restore the same level that was well tolerated for 20 years is unlikely to cause any serious side effects in later life. The risk is further reduced if only natural hormones are used. However, any type of medication can have side effects if not administered properly or taken in excess doses. The scientific studies show that the potential benefits of HRT are great; however, overdosing to excessive level causes most problems reported from HRT. To insure safety, hormone levels should **not be** raised above a normal youthful range, and side effects can often be relieved with a dosage adjustment.

How Are Natural Hormones Available?

Natural hormones can be prepared in a dosage form convenient to each individual patient. Women and men are no longer limited by the "one size fits all" medications that pharmaceutical manufacturers sell. Natural hormones can be made as capsules, topical creams, vaginal suppositories, injectables and sublingual liquids or tablets.

Can I get these from my any pharmacy?

Most pharmacies will not compound medications. Compounding requires extensive training, time, and specialised laboratory equipment & staff to meet the special requirements of the patients and physicians. Our pharmacy has highly trained staff as well as 'state of the art equipment' necessary to provide compounding services.

How long should I take hormones?

The length of time will be different for each patient. It will depend on your current health and the chances of developing other serious diseases later in life, such as osteoporosis for example.

How do I get started on Natural HRT?

Natural hormone replacement therapy also known as bioidentical hormone replacement therapy must be tailored for the individual patient. A thorough review of symptoms and history is an effective and essential procedure by the doctor.