

Initial Consult

- * 1 hr pharmacist consult
 - Education and symptom assessment
- * Cost: \$150 + compounds



Four days later

- *Pick up compound
- *Receive counseling for prescription



Three weeks later

- *Receive follow-up call
 - Assess symptom control
 - Adjust dose as needed
- *Compound first refill



Seven weeks later

- *Receive follow-up call
 - Assess symptom control
 - Adjust dose as needed
- *Compound next refill

Additional appointments can be made with the pharmacist throughout therapy for \$30.

Our Location:



Uptown Pharmacy
23 N. State St
Westerville Ohio, 43081
(614) 882-2392
www.uptownrx.com



**Hormone Replacement
Therapy Wellness Program**

Did you know that 8 out of 10 women complaining of hot flashes and 2 out of 3 women complaining of depression have a hormone imbalance?



Come find a new **balance**
in your life with our
**Hormone Replacement
Wellness Program**

Controversy with Conventional Therapy:

Reports in the media as a result of the Women's Health Initiative (WHI) have scared many women for the idea of HRT. It was reported that HRT will increase the risk of strokes, heart attacks, breast cancer, and blood clots. However, the statistics were reported in a way that made the risk look higher than it really was and they were using synthetic hormones. After a closer look at the WHI, the methods were changed and new studies today show safer outcomes for HRT when patients use the smallest dose for the shortest time. HRT can still carry a small risk but you can talk to your pharmacist for more information about any concerns you may have before starting.

Bio-identical Hormones Replacement Therapy (BHRT):

Bio-identical Hormone Therapy varies from synthetic hormone therapy in a few ways. These hormones are 100% structurally identical to the hormones in your body and therefore used by your body the same way.



These hormones are taken from yams and soy, and altered to make them identical to the human structures

The Benefits of Hormone Replacement Therapy (HRT):

As you age, your body experiences fluctuations in hormone levels. Many women have been turning to conventional hormone replacement for relief of menopause-related symptoms or general loss of youthful energy for many years. BHRT is also beneficial because your prescription is individualized to exactly what your body needs. We do this because each person needs different amounts of hormones to correct imbalances. This means that we compound different strengths and combinations of hormones specific for YOU. Available bio-identical hormones include: Progesterone, estrone (E₁), Estriol (E₃), Estradiol (E₂), Testosterone

How to Get Started:

Women who are currently receiving compounded hormone therapies and women interested in starting are eligible for enrollment. Once in the program, you will receive custom compounded prescriptions tailored to your symptoms and lab results as well as one-on-one time with a pharmacist and follow-up. Please call or stop by Uptown Pharmacy to make an appointment. Prior to the consult, you will need to fill out a welcome packet to bring to the first consultation. Any pharmacist or intern at Uptown can answer questions you may have.

Typical Dosage Forms:

-Topical Creams:

Bio-identical hormone doses are compounded in a non-greasy, dye-free, fragrance-free, cream base. Dispensed in syringes for accurate dosing and ease of administration.

-Vaginal Suppositories

Bio-identical hormone doses are incorporated into a poly-ethylene glycol base. This base provides patients with a firm suppository that is not greasy.

-Capsules:

Our capsules are made by hand. We make liquid and powder



capsules that are immediate release or extended release. This technique is especially good for those individuals that may be sensitive to lactose or other commonly used capsule fillers.

-Oral Troche:

A sublingual/buccal lozenge with your bio-identical hormone dose that dissolves easily under the tongue. Flavors can be varied for your individual preferences.

On all compounded preparations, both new prescriptions and refills, we kindly ask for 48 hours to prepare your medications.