



PATIENT EDUCATION INFORMATION

HORMONE REPLACEMENT THERAPY

Estrogen / Testosterone / Progesterone

available in Topical Creams / Capsules / Troches / Suppositories

Pronounced (ess-troh-gin / tess-toss-ter-own / pro-jess-ter-own) - are common hormones produced by both the human male and human female and found in all men and women with appropriate balance percentages of each of these hormones, to gender. In both men and women with an imbalance of these natural hormones, multiple undesirable symptoms such as: mood swings, hot flashes, chronic fatigue, headaches, night sweats, irritability, anxiety and water retention are possible and sometimes common. With long term imbalances, serious medical conditions can develop in both men and women, such as: loss of muscle mass, depression, weight gain, decreased libido, and more commonly in women, fibrocystic breasts, polycystic ovaries, uterine fibroids, and osteoporosis. If you are experiencing undesirable symptoms on a regular basis, you should bring this to the attention of your physician and discuss the possibility of a hormone imbalance. Hormone deficiency can be serious, but is quite treatable. Naturally occurring hormones can be complimented, or completely supplemented with bio-equivalent hormone replacement therapy. These hormones are easily absorbed through the skin in cream or ointment form, from the stomach in capsule form, or through the mucous membranes from pleasant tasting dissolvable troches under the tongue. Any of these hormone replacement methods can help your body reach normal hormone levels in a relatively short period of time, and help to maintain normal levels for as long as you continue to use them. Estrogen, testosterone, and progesterone are extremely important hormones for continued health and well-being in both men and women. Appropriate hormone levels, to each gender, in conjunction with a properly balanced diet and exercise program are essential to the maintenance of a healthy body, healthy mental well-being, and a healthy libido.

INSTRUCTIONS AND DIRECTIONS FOR USE

Take these medication according to instructions received from your physician and pharmacist and according to directions on your medication package. Creams and ointments should be applied to clean dry skin, usually thin skin areas such as inner wrists, arms, and abdomen. Avoid applying to open sores or broken skin. Rub creams and ointments in well, usually two to three minutes, or until a feeling of heat is generated from friction resulting from the cream or ointment being completely absorbed into the skin. Apply creams and ointments in the amounts and frequency ONLY AS DIRECTED by your physician and pharmacist. After applying medication, wash hands thoroughly with soap and water to avoid accidental contact with spouse, children, or pets. Medication should be stored at room temperature from 70 to 77 degrees F (22 to 25 degrees C), in a tightly closed container. Avoid exposing medication to extreme heat, cold, moisture, and direct sun or bright light. Brief storage between 59 and 86 degrees F is acceptable during travel or other situations. For all forms of these medications, should YOU MISS A DOSE OF THIS MEDICATION and are only taking it at bedtime, take the missed dose the following morning and then resume your evening dosing

schedule. If YOU MISS A DOSE OF THIS MEDICATION and are taking it both in the morning and the evening, skip the missed dose and resume your regularly scheduled morning and evening dosing schedule. DO NOT double the dose during your dosing schedule to make up for a missed dose. Contact your physician if your hormone deficiency symptoms do not begin to resolve after 4 to 6 weeks of therapy, or if your symptoms worsen.

SIDE EFFECTS

Side effects of this medication may include: nausea, vomiting, headache, dizziness, cramps, breast tenderness, redness or swelling of the skin or change in skin color if using creams or ointments. If you experience any of these side effects for an extended period, notify your pharmacist or physician. The following side effects are rare but are considered serious: abnormal vaginal bleeding, mental depression and thoughts of suicide, significant weight gain, weakness, stomach/abdominal pain, dark colored urine, yellowing of the skin or eyes, severe leg cramps, calf tenderness / swelling/ hot spots / redness / pain, breathing problems, chest pain, difficulty speaking/walking/memory loss, and any numbness, or vision problems. If any of these symptoms develop, notify your physician immediately.

PRECAUTIONS

Before using these medications, consult with your physician and pharmacist informing them of your complete medical history, allergies to food and medications, and all prescription and over-the-counter medications you are taking. Inform them of: liver problems, heart problems, kidney problems, diabetes, high cholesterol levels, high blood pressure, difficulty breathing, snoring or sleep apnea, cancer, immune deficiency disorders, clotting problems, bowel or bladder disorders. Any or all of these estrogen products may cause dizziness, especially during initial phase of use. Use caution engaging in activities requiring mental alertness such as driving or operating machinery. Limit consumption of alcoholic beverages, especially during the initial phase of use, or until you know the effects of this medication and how you react to it. If this medication is accidentally introduced into your eyes, rinse and flush eyes immediately with clean, warm water. Seek medical attention as necessary.

For women using bio-equivalent hormone replacement, DO NOT USE THESE HORMONE MEDICATIONS IF YOU ARE PREGNANT, OR SUSPECT YOU ARE PREGNANT until you have consulted with, or been instructed by your physician to take any of these medications during pregnancy. THESE MEDICATIONS ARE EXCRETED IN BREAST MILK. IF YOU ARE, OR WILL BE BREAST FEEDING while using any of these hormone medications, consult with your physician, pediatrician, and/or pharmacist about potential risks to your baby.