

# IHHS Health & Wellness Center

1607 South H Street, Bakersfield, CA 93304  
Custom Rx Compounding & IV Pharmacy  
Hormonal, Homeopathic, & Nutritional Services  
Office (661)-837-0453 FAX (661)-837-0560

## HRT Patient Information

### Natural Hormones in synergy:

#### Estrogen

**Benefits:** protect against coronary heart disease, lower LDL and raise HDL, prevent bone loss after menopause, helps prevent tooth loss, plumps out skin adding moisture and collagen to prevent wrinkles, smoothes and firms the skin, maintains vaginal secretions, preventing and reversing dryness, and can reverse male pattern hair growth on the face and body, restores a clarity of thinking and serenity

**Dose:** 0.3mg E2 is as good as Biest 1.25mg to normalize blood lipids

#### Progesterone

Promotes lipolysis, increased energy from fat loss, protection from endometrial and breast cancer, improves mood and sexual function, and normalizes blood sugar, zinc, and copper levels, increased bone density, etc.

**Dose:** not stated but will vary from patient to patient in balancing

#### Testosterone

**Benefits:** strong growth hormone stimulant, protects against atherosclerosis, decreased risk factors in heart attack, renews strength, improved balance, raised red blood cell count, increased libido, increased ability to maintain erection, not improvement in impotence, lower LDL, and cholesterol, saves bone and prevent osteoporosis, improved autoimmune functions, decreased immune function, heightens mood and sense of well being, increases some mental functions i.e. visual spatial ability. Too much testosterone may cause a males refractory period to exceed 10 minutes which will cause problems long term.

**Dose:** 3 month trial, check PSA levels 2 x yearly in addition to digital rectal exam to protect from benign prostatic hyperplasia or undetected cancer promotion, and 3 yearly ultrasounds. Possible testicular atrophy, high red blood cell and hematocrit counts, depression, fluid retention, reduced sperm count and volume of semen, reduced HDL cholesterol. Best way to maintain normal testosterone levels is with vigorous exercise, treadmill and weight training.

#### DHEA

**Benefits:** anti-obesity, anti-diabetes, anti-cancer, anti-autoimmune disease, anti-heart disease, anti-stress, anti-infectious disease, with life extending effects. Blocks the effects of G6PD by enzyme inhibition. G6PD is used by the body to store and produce fat. Balance with testosterone

**Dose:** DHEA 5-150mg q d intermittently, every other day or 5 days on 2 days off, w/ DHEA precursor on off days balanced with testosterone. Women only need 5 to 10mg every day and should also be balanced with testosterone. There may be increased benefits in using divided dosing. DHEA should be used in combination with antioxidants.

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## **Melatonin**

**Benefits:** Tryptophan converts to serotonin with can then converts to melatonin. Melatonin is a potent anti-oxidant, immune booster, cancer fighter, heart helper, mood elevator, sleep promoter w/reduced time to fall asleep, increased actual sleep time, reduced number of awakenings, and increased quality of sleep reflected by deep or slow wave sleep, improved jet lag symptoms by at least %50. Melatonin is capable of anti-oxidizing outside the cell and also within.

**Dose:** Supplementation should start after age 45. Start with 200mcg to 60mg of Melatonin daily, most people 0.5 to 1mg at bedtime, if groggy in morning decrease dose by 0.5mg every day until symptoms resolve. Take ½ to 2 hours before sleep and if using lozenges use 20 min to 1 hour before bedtime. If trouble-sleeping increase dose 5 or 10 mg (up to 20mg) use intermittently or decrease dose gradually so as to avoid rebound insomnia. Higher doses may cause mild headache, upset stomach, decreased sex drive, and depressed feelings.

Caution not for use in pregnant or nursing mothers, children, women trying to conceive (high doses act as a contraceptive), pt on Rx steroids, or with mental illness, depression, severe allergies, auto immune diseases (i.e. multiple sclerosis), or immune system cancers (i.e. leukemia, lymphoma)

## **Thyroid**

**Benefits** prevents symptoms of deficiency i.e. increased susceptibility to colds, viruses, and respiratory ailments, heavy labored breathing, muscle cramps, persistent low back pain, bruising easily, mental sluggishness, emotional instability with crying jags and mood swings, temper tantrums, getting cold easily, particularly in the hands and feet, dry coarse, leathery or pale skin, coarse hair or loss of hair, loss of appetite, stiff joints, and athrosclerosis, potentially 15% of over 60 population have sub clinical hypothyroidism.. Do Barnes basal temperature test if AM temp below 97.8 to 98.2 degrees for 2 consecutive days you are likely hypothyroid

**Before starting any hormone regime please, consult your medical practitioner first, for recommendations.**