



SCHWIETERMAN PHARMACIES' COMPOUNDING CENTER

324 N. Main St.
Minster, OH 45865
419-628-2305 or 800-670-4999
NABP # 36-55074

We all want to feel our BEST - vibrant, energetic, clear headed, and peaceful. While many women share similar health concerns, no two are exactly the same, and require different solutions to help them achieve wellness, health, and hormone balance. Restoring hormone balance can be the key to feeling our best and avoiding health problems. Restoring hormone balance includes reducing stress, exercising, eating a healthy diet, and bio-identical hormone replacement.

Thank you for your interest in bio-identical hormone replacement. Did you know? – 7 out of 10 women who complain of low sex drive have a hormone imbalance – 8 out of 10 women with hot flashes have a hormone imbalance- 7 out of 10 women who complain of irritability have a hormone imbalance. Contact us for additional reference material regarding bio-identical hormone use in peri-menopause or menopause.

Bio-identical hormone is soy or yam base, which has been altered in a lab to be identical in structure and function to the hormones that we women normally produce. These hormones are estriol, estradiol, estrone, progesterone, and testosterone. Although these products are of natural origin and do not have foreign chemical structures attached to them, they are still hormones. These products are “prescription only” to insure that your therapy is monitored by the compounding pharmacist and your physician.

We have enclosed a sheet describing the steps involved in beginning bio-identical hormone therapy. We will work with you and your physician to achieve the best possible outcome.

We may recommend saliva testing before or during hormone therapy. Saliva testing measures the amount of hormone available to your system. The test will help indicate which hormones are deficient or imbalanced. The cost is \$30 per hormone tested and does not require a prescription. Your doctor may order the saliva lab testing, however, so that your insurance may reimburse you for the cost.

We have a library of books on the subject of health and bio-identical hormone replacement. We have some published material regarding the “diseases of aging” and their correspondence to hormone decline and imbalance. We will loan this reading material upon request. These books highlight that treating hormone imbalance can be a key component in maintaining health, along with proper diet, exercise, and stress management. Your response to bio-identical hormone replacement is unique. Factors such as your genetic profile, stress level, health condition, your environment, and your nutritional state will affect your response.

Bio-identical hormone replacement is billable to most insurance companies through our computer system. Most women initially receive 2 to 3 compounded hormone prescriptions to treat deficiency/imbalance. These prescriptions can often be combined as therapy continues.

If you need additional information or have any questions, please contact our compounding center at 1-800-670-4999. Ask for Renae or Dana, hormone replacement consultants/pharmacists.

Thank you, Renae M Gaerke, RPh and Dana Bornhorst, RPh

Disclaimer

- A written or verbal prescription from a licensed physician, nurse practitioner, or veterinarian is required for compounded medications.
- Medications compounded for animals are not intended for use in food animals.
- Information provided by medical history form, consultation, or other materials is not intended to take the place of advice, supervision, and care from a medical professional. Clients should consult an appropriate medical or other healthcare professional before using or relying on any advice, information, comments, or content of medical history form, consultation, or handouts provided. Proper medical advice and supervision are important before making decisions about exercise, diet, nutrition, supplements, medication, testing, or other health issues.