

Hormone Replacement Therapy



Bioidentical vs. Synthetic Hormones

Synthetic hormones, such as Premarin and Provera, have traditionally been used for hormone replacement therapy. However, bioidentical hormones are becoming more popular, because they mimic the molecular structure of hormones found in our bodies in ways that synthetic hormones can't. Experts believe this makes them more predictable and more reliable in the way they work.

Making bioidentical hormones begins with a plant source that's naturally rich in hormones that are already very similar to human hormones—like soybeans and yams—and adjusting them to exactly match our own. Bioidentical hormones are simply called by their hormone names (e.g. estradiol, a type of estrogen, and testosterone). Only a few types of bioidentical hormones are available by commercial prescription; the rest are only delivered via compounded prescriptions.

Compounded solutions

The majority of bioidentical hormones are available only through a prescription compounding pharmacy like Table Rock Pharmacy. Compounding offers patients the chance to get customized dosages of certain hormones.

In addition, compounded hormones can be given in a variety of dosage forms, including but not limited to capsules, creams and sublingual drops. That means you can choose the delivery method you're most comfortable with, at a level that's right for you.

Some patients are allergic to inactive ingredients in commercially manufactured creams such as propylene glycol. We can compound medications without these ingredients making treatment for those with allergies possible.

Working with your prescriber

We are happy to collaborate with your prescriber and help them identify the appropriate therapeutic dosage based on your individual needs.

Are they safe?

Ultimately, the most important safety issue is finding a solution that is customized for you. Too much or too little of any hormone can lead to imbalance and fluctuation, the biggest factor in increased health risks. And because they cannot be delivered in customized dosages, synthetic hormones can often give the body more hormones than it needs.

ITEM	STRENGTH	INDICATION
Norethindrone Capsule	0.5mg, 1mg	Amenorrhea
Progesterone Capsules	25mg, 75mg, 100mg, 150mg	Amenorrhea, Antiretroviral Therapy
Progesterone Cream	2%, 2.5%, 3%, 6%, 30mg/ml, 80mg/ml, 200mg/ml	Amenorrhea, Antiretroviral Therapy
Progesterone Suppository	100mg, 200mg, 400mg	Amenorrhea, Antiretroviral Therapy
Progesterone Gel	6%	Amenorrhea, Antiretroviral Therapy
Biest 80:20 Cream	0.5mg/ml, 1mg/ml, 2.5mg/g, 5mg/ml	Hormone Replacement Therapy
Biest 50:50 Cream	0.5mg/ml	Hormone Replacement Therapy
Biest 80:20/Testosterone Cream	0.5mg/gram, 1mg/gram	Hormone Replacement Therapy
Biest/Progesterone/Testosterone Cream	0.5mg/60mg/1mg, 1mg/100mg/1mg, 2mg/150mg/2mg	Hormone Replacement Therapy
Biest/Progesterone/Testosterone Capsule	2mg/50mg/0.23mg	Hormone Replacement Therapy
E2/E3/Progesterone/Testosterone Troches	2mg/2mg/125mg/1mg	Hormone Replacement Therapy
Estradiol/Estriol/Progesterone/Dehydroepiandrosterone Cream	0.021mg/0.12mg/0.6mg/0.3mg	Hormone Replacement Therapy
Estradiol Cream	0.15mg/g, 0.2mg/g	Hormone Replacement Therapy
Estradiol Cream	0.01%, 0.02%, 0.05%	Hormone Replacement Therapy
Estradiol Suppository	5mcg, 100mcg, 0.5mg, 1mg	Hormone Replacement Therapy
Estradiol drops	150mg/15ml	Hormone Replacement Therapy
Testosterone Cream	0.5%, 1%, 2%, 3%, 5%, 7.5%, 10%, 20%, 25%	Hypogonadism, Hormone Replacement Therapy