

HelpMyHormones!

The 7 Step Approach
To Natural Hormone
Balance



Step 1- Filling Out Our Hormone Evaluation Form

If information is knowledge, and knowledge is power, then our hormone evaluation form is definitely a powerful tool in beginning your journey to hormone balance. This form can be obtained by requesting it via [e-mail](#) or by calling us directly at 877-373-2272. It is important that you provide us with as much information as possible when filling out this form. Hormone imbalance often affects many different systems within the body. This evaluation will allow our pharmacist to make a recommendation based on the concept of treating the entire patient. We have found that certain disease states/conditions and a patient's family history can strongly impact our pharmaceutical recommendation. For example, patients with a family history of breast cancer usually require a different form of estrogen replacement than the average patient. Our pharmacist will review the entire form prior to making any recommendation ensuring that the therapy you receive is customized according to your individual symptoms and history. Over the years we have found that medical professionals have based their decisions on little or no patient information. At Med Specialties Compounding Pharmacy our goal is to customize a therapy according to your needs using the information that you provide us. Start your hormone balance program the right way by filling out our hormone evaluation form today.



Step 2- Saliva Hormone Testing

We spend our lives looking at levels. Gauges in our cars let us know if we need oil, gas, a new battery, etc... In medicine we all know that levels are important in monitoring a wide variety of conditions. Diabetics measure blood sugar levels. Patients on certain blood pressure medications have to measure potassium levels.

Patients with thyroid disorders have to measure TSH, T3, and T4 levels. Measuring hormone levels allows you to not only identify deficiencies or excesses in hormone levels, but it also allows you to know how severe certain imbalances may be. Hormone levels can change throughout the day, but testing still allows us to view a picture of your hormonal health at any point in time. We can also use your original baseline hormone levels to compare them to levels taken several months after you begin therapy. Testing allows us to see and measure the progress of a patient's therapy. Most importantly hormone testing empowers patients by giving them an accurate picture of their own hormonal health. Saliva testing is quick, easy, and convenient. It can even be done in the privacy of a patient's home. Patients simply collect a small saliva sample in a tube provided in each kit. The sample should be collected at 7 o'clock in the morning. Menstruating patients should test on day 19, 20, or 21 of their cycle. Patients that are not menstruating can measure their levels on any day of the month. Results are usually available within 12-14 working days and can be sent to you via a private e-mail. Once results are received you can schedule a consultation with our compounding hormone specialist to discuss your results (step 3). Stop wondering what your imbalance may be. Identify your exact imbalance with testing. Stop guessing and test your hormone levels. To order a saliva hormone test kit visit www.TestMyHormones.com.



Step 3- Private/Personal Hormone Consultation With Our Pharmacist

Many would agree with the fact that what is missing most from our current health care system is a listening ear. At Med Specialties Compounding Pharmacy we believe that to truly understand a patient's situation we have to take the time to listen and address each of their concerns. After patients have filled out our hormone evaluation form and received their hormone test results the next step is to meet with our compounding pharmacist for a personal hormone consultation. The purpose of the consult is to bring the patient and the compounding pharmacist to determine a "plan of attack" for achieving hormone balance. This is a patient-focused meeting and all of your concerns are addressed. This is also a time for the compounding pharmacist to review and explain any lab tests that the patient may have recently taken. At the end of the meeting all of the treatment options for bio-identical hormone replacement are discussed with the patient until a mutual agreement between the patient and the pharmacist are made. The pharmacist then

takes the information from the consultation and types up a report and a therapeutic recommendation which will be sent to the patients physician for prescription approval. This is a paid consultation with a charge of \$39 per 15 minutes, with a 15 minute minimum. On average most consultations last between 20 and 40 minutes. If you are only interested in a certain amount of time, please let our staff know when scheduling your appointment. Consultations can be in-person or for your convenience, over the phone. Please review our attached menu of services of additional information.

Step 4- Physician Approval Of The Pharmacist's Hormone Recommendation

It is important to note that any hormone replacement recommendation made by our pharmacist must first be approved by the patient's physician before the actual prescription can be filled. There are a few over-the-counter therapies that can be used without a prescription, but these are usually not as potent or as effective as the prescription strength therapy. As a courtesy to our patients we will contact your physician for you. After consulting with the patient (step 3) our compounding pharmacist will type up a report that will be sent to your physician within 24 hours of your appointment. At this point we have to wait for the physician's approval. Depending on the physician, the therapy may be approved in one day or in some cases it may take more than one week. If we have not heard back from the physician in a timely manner we will continue to contact weekly until a response is received. Med Specialties Compounding Pharmacy can not control and is not responsible for the duration of time that it may take a physician to respond to our request. Each physician's office is different and may have unknown time restraints. Fortunately they all do eventually respond to our requests. We have found that if patients call their physicians office, this does tend to expedite their response to our request. Although 95% of our requests to physicians are approved we can not guarantee nor can we take responsibility if our request is denied by your physician. One of the reasons that we contact your physician for you is because they may have questions regarding the therapy that may be difficult for a patient to answer. We do have an extensive database of studies and review articles regarding bio-identical hormone replacement therapy that we can provide.





Step 5- Starting Your Bio-Identical Hormone Replacement Therapy

Well this is the step that everyone wants to reach. Now that you have been evaluated, tested, consulted with, and had your therapy approved by your physician, you are ready to start. After approval of your Bio- Identical Hormone Replacement Therapy by your physician we ask that you give us 48 business hours to customize your new compounded therapy. Compounded medications are formulated to your specific needs, so they take a little extra time compared to your average prescription. We also ask that you give us 2 business days to process any refill requests you may have in months to come. Upon starting your compounded therapy our pharmacist will review your new prescriptions with you. We will make sure that you understand exactly how your medication is to be used. If you are a patient that has received a prescription by mail you can call us toll free at 877-373-2272. It is important for patients to know that hormone replacement is a process that can take several months to achieve. Some symptoms may clear up in the first week, but others can take months to clear. It takes patients years to become deficient in certain hormones, so by replacing those hormones using conservative and safe doses it can take a few months to correct those deficiencies. We always like to tell patients that they should expect improvements every month for about 4 months. Fortunately, the first month is typically the most eventful when it comes to clearing up your symptoms. If you do not notice all of the benefits that you expected, do not worry. With our free 10 minute follow up system (step 7); we can fine tune your therapy so that you find the results that you have always expected. Small adjustments in your therapy can often make big differences. It is also important that patients take good care of themselves outside of their hormone replacement therapy. Taking nutrition supplements, eating right, exercise, and taking a little time to relax can all enhance your bio-identical therapy. Treat your body right and you will reap the benefits.



Step 6 - Enhancing Your Bio-Identical Hormone Therapy

-Be Compliant – Taking your medications consistently as directed will always result in stable hormone levels and less side effects.

-Vitamin B Complex - We have formulated an excellent B Complex Vitamin that is unlike any B Complex that you will find over the counter. The sublingual vitamin mixture has helped patients with

stress (lowering cortisol levels) and energy. Although it is difficult to remove stress trigger from our lives it is possible to control the way stress affects our bodies. Untreated stress will affect the way that your body reacts to natural hormone replacement. Control your stress or your stress will control you!

-Amino Acid Complexed Magnesium – We have a special form of magnesium that has been shown to be highly absorbed when compared to traditional magnesium supplements. This form of magnesium has helped with insomnia (Dr. Gonzalez uses it for this on a nightly basis), migraine headaches, constipation and much more. Insomnia and headaches are common symptoms associated with hormone imbalance. Most studies have found that the majority of Americans are deficient in magnesium. Ask us for a free sample!

-Bone Density Maximizers – We have sourced an excellent nutritional supplement that provides patients with all of the vitamins and minerals needed to promote healthy bones and help prevent osteoporosis. Although hormone replacement has been proven to increase bone density, it is important to supplement with a good source of absorbable vitamins and minerals focused on increasing bone density.

-Check Your Thyroid and Cortisol Levels- Your sex hormones are a small part of a large system. Other hormones such as thyroid and your stress hormones must also be kept in check for your sex hormones to work efficiently.

Step 7 - Follow Up

This is the step successful patients don't forget to use. Bio-Identical Hormone Replacement is a process. One of the most important parts of the process is the follow up. There are two main types of follow up calls that we receive on a daily basis. The first type consist of the new patient that is not finding their first recommended therapy to work as well as they thought it would. There are several reasons why a patient's therapy may not produce the results that they expect. The two most common are: 1) The patient may need a slight dosage adjustment. By using our follow up service patients can speak with our specialist and can discuss whether or not they have had great results with their therapy for months or even years and then started to experience a return of symptoms. Hormone levels and needs change as we age. Eventually most patients will require a slight change in their therapy to correct for the change in



their bodies own hormone levels. Through a follow up call we can make a recommendation to change a patient's current therapy to a new dose that will fit their new hormonal needs. To best help our patients we have always offered free 10 minute follow up phone appointments. We have found that our most successful patients are those that use this service when unforeseen symptoms or problems arise. Please note that the free follow up appointment can not be used to review new hormone test results and must consist of issues that are solely related to the patient's current therapy. Feel free to call us at 877-373-2272 to set up your follow up appointment