

Unbalanced hormones can make you feel like a stranger in your own skin.

Hormones have a powerful effect on your body and many areas of your health, including your mood, your metabolism, and your sexual and reproductive function.

### What is BHRT?

Bio-identical Hormone Replacement Therapy (BHRT) is the art and science of utilizing hormones that are chemically-identical to the ones produced naturally in the body, and using them to create customized medications for patients who may be experiencing symptoms of hormone imbalance.

# Bio-identical Hormone Replacement Therapy

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**Your health in  
the balance.**



## Hormone Imbalance

A hormonal imbalance can affect more than your mood – it can be responsible for a number of related health concerns, including:

- Hot flashes
- Night sweats
- PMS
- Weight gain
- Post-partum depression
- Irregular menstrual cycle
- Infertility
- Fibrocystic breasts
- Decreased libido
- Painful intercourse
- Vaginal dryness

These conditions affect millions of women. As the number of women seeking hormone-related treatment has grown, so has the mass production of pills, patches and creams by the drug industry. Each woman's body is different and has its own unique needs, but commercially manufactured products tend to be "one size fits all," and they do not always account for the differences between individuals.

## The Compounding Advantage

Pharmacy compounding is the preparation of customized medications for patients. The advantage of compounded hormone replacement therapy (HRT) is that it can be adapted specifically to fit each individual's body and hormone levels. Bio-identical hormones have the exact chemical structure as the hormones in the human body. The body recognizes them and allows them to mimic the function of the hormones the body produces on its own.

**No two women are alike,  
and compounding pharmacists  
understand this.**

A pharmacist experienced in HRT can assist a health care provider in interpreting the results of tests that measure a patient's hormone levels. The health care provider, compounding pharmacist and patient can then determine a course of treatment that will give the patient the exact amount of hormones her body needs.

Working closely with the patient and her health care provider, a compounding pharmacist can help her start and maintain a hormone-replacement regimen that brings her hormones back into balance and closely mimics what her body has been doing naturally for years. With a health care provider's prescription, the pharmacist can prepare hormones in a variety of strengths and dosage forms.

Thanks to compounding, there are customized hormone prescriptions to meet your specific needs. And that's power of personalized medicine.

## Hormone replacement therapy is a team effort.

### Start getting your balance back.

A caring health care provider working closely with a compounding pharmacist can help improve hormonal imbalances.

Ask your health care provider or contact **Jayhawk Custom Prescription Center** today to learn more about Bio-identical Hormone Replacement Therapy.

