



PROFESSIONAL PHARMACY

1555 S. Pilgrim St. Moses Lake WA,
98837
Phone 1-509-764-2314
info@MLRX.com

DHEA

What is DHEA?

Dehydroepiandrosterone, or DHEA, is a steroid hormone, a chemical cousin of testosterone and estrogen. It is made from cholesterol by the adrenal glands, which sit atop each kidney. For the first few years of life, the adrenals make very little DHEA. Around age six or seven, they begin making a lot. Production peaks in the mid-20s, when DHEA is the most abundant hormone in circulation. From one's early '30s on, there's a steady decline in DHEA production, so the average 75-year-old has only 20% of the DHEA in circulation that he or she had 50 years earlier. At all ages, men tend to have higher DHEA levels than women.

Why has my provider prescribed DHEA for me?

Supplementation with DHEA has been claimed to have antiaging effects, including increased libido, enhanced immune function, increased muscle mass, and improvements in energy, mood, and memory in both men and women. DHEA may be used as a supplement to improve symptoms associated with depression, diabetes, and lupus. DHEA is used in postmenopausal women for vaginal atrophy and increasing bone mineral density.

Why has my provider compounded natural DHEA for me instead of the other DHEA products available on the market?

DHEA is available without a prescription. Usually over the counter (OTC) products come in an oral formulation and are only available in fixed doses of 25mg. Most women need a smaller dose than 25mg. Like many dietary supplements, DHEA is plagued by quality control problems. DHEA content ranges from 0% to 150% of the labeled amount in tested products.

Is there a risk with taking DHEA?

Whenever you take hormones, there is risk. Although DHEA is available without a prescription, it should be used with caution since it affects the levels of many other hormones in the body. Hormones can feed cancerous cells. It is important to talk to your provider to make the right decision for your individual situation.

How do I take this DHEA?

That depends on what form your provider prescribed. If in an oral capsule, you may take it without regard to meals. If it is a cream or gel, apply on a soft-skinned area. Patients should follow directions exactly. *If a patient misses a dose, the person should take the dose as soon as remembered. Patients should not take the dose if it is almost time for the next dose. Instead, patients should skip the missed dose and resume the usual dosing schedule. Patients should not double dose.*

What are the side effects?

If dosed correctly, in appropriate amounts and ratios, there are relatively no side effects. Use is not recommended in individuals with a history of prostate or breast cancer. This medication may alter blood sugar and insulin requirements. Blood glucose should be closely monitored in individuals with diabetes.

For any questions, either talk to your healthcare provider or your pharmacist.