



PROFESSIONAL PHARMACY

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TESTOSTERONE

What is Testosterone?

Testosterone is a hormone naturally found in the both men and women regardless of age. Supplementation is used to treat hormone deficiencies in men and women and other conditions as determined by the patient's provider.

It is produced and secreted from the adrenal glands, as well as the ovaries or testes for the respective sexes. It is commonly known as an "androgen" hormone.

Why has my provider prescribed Testosterone for me? Today, testosterone is most commonly prescribed to maintain or increase normal libido and response. Women and men are taking testosterone supplements for this reason.

Testosterone also increases bone mineral density and prevents further decline into osteoporosis.

Testosterone aids the mood, memory, and even the structural integrity of the brain tissue itself. Your provider may have prescribed this to help with mental cognition issues.

Testosterone also maintains lean body mass, strength and stamina, lowers your cholesterol, and maintains your skin and hair health.

Why has my provider prescribed compounded natural testosterone for me instead of the other Testosterone products available on the market? The other products on the market are either in pill form (Methyltestosterone), are combined with estrogen (Estratest), or are in fixed concentrations in topical gels (AndroGel). AndroGel, specifically, is a male dose only available in 10-20 times the amount a female needs.

If taken orally, only 5% of testosterone is bio-available; in other words, if one takes a pill of testosterone, after passing through the stomach, intestines and liver, only 5% of the original amount will be available for the body to use. Along with this, many patients have GI or stomach discomfort with this oral pill form. Compounding pharmacists can make the testosterone in a cream that will eliminate this effect, and over-all a lower dose can be used.

In addition, for females, topical testosterone in cream form can be applied to the clitoris if rise in sexual response is a desired outcome. This method of application serves (1) to get

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the chemical in the body, and (2) invoke a physical response involving tingling, greater circulation, and overall greater physical receptivity. In addition, compounding pharmacies are able to make the testosterone at unique individualized doses designated for the individual patient and their individual situation.

Where does Testosterone come from? Natural “Bio-Identical” hormones are called such because they have the identical chemical configuration as what is naturally in our body. They are **exactly the same hormones** our body makes.

They are derived from the sterols (fat) from wild yam and soy plants. These sterols are collected, and then are altered in the laboratory to be the “Bio-Identical” form. For ladies allergic to soy or yams, there is no need to worry because the hormones have been so purified there is not any residue left from the plants. These are FDA approved chemicals, and a prescription from your provider is required.

If these are derived from soy and yam plants and if I am not allergic to these plants, why don't I just take them instead? Aren't they safer and 'more natural?'

Over the counter herbal remedies are not consistent. The amount of hormones varies from brand to brand and from bottle to bottle. Not everyone can rely on over the counter remedies to help their individual situation. In addition, over the counter hormone supplements are limited to a low concentration. This means that one may not get the amount of hormones they need for their situation. Also, the plant hormones have a different chemical structure from our biological hormones. This means that our body has to modulate and metabolize the plant hormones in order to make them ‘work,’ and even so, they are not as effective as supplementing with our bio-identical natural hormones.

Is there risk with taking Testosterone? Whenever you take hormones, there is risk. Hormones can feed cancerous cells. It is important to talk with your provider to make the right option for your individual situation. Bio-Identical HRT is not for everyone. However, it is logical to suppose the risk to be less than with hormones foreign to our body.

How do I take this Testosterone? That depends on what form your provider prescribed. If in an oral capsule, you may take it without regard to meals. If it is in a cream or gel, apply on a soft-skinned area. If your provider has recommended application to the clitoris, apply the designated amount as recommended. Patients should follow directions exactly. *If a patient misses a dose, she 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 the dose.*

What are the side effects?

If dosed correctly, in appropriate amounts and ratios, there is relatively no side effects. If the dose is too high, side-effects can be: acne, hirsutism, clitoral enlargement, voice changes, electrolyte retention, vomiting, diarrhea, agitation, depression, chronic priapism, changes in libido, and nausea. This medication can also effect blood sugar and insulin requirements. If the patient is using a cream there may be some itching, burning, discomfort, or irritations. If these side effects continue, consult your provider or pharmacist. These side effects may be temporary and self-limiting.

For any questions, either talk to your provider or your pharmacist, and a dose adjustment can be made.