



PROFESSIONAL PHARMACY

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TRI-EST

What is Tri-Est?

Tri-Est is short of Triple-Estrogen. The three estrogens are: Estrone (E1), Estradiol (E2), Estriol (E3). These three estrogens are prescribed in a formula of 10% Estrone, 10% Estradiol, and 80% Estriol. This formula is successful in abating *vasomotor symptoms*, such as hot flashes, night sweats, and insomnia, while also being in right ratios for the female body.

Estrone [(E1) (made from the conversion of estradiol and androstenedione)] is the most prevalent estrogen in the women's body after menopause. Estrone is very potent and is good for reducing or eliminating *vasomotor symptoms*.

Estradiol (E2) is the primary estrogen of the ovaries, and is the major form of estrogen before menopause. Estradiol is very potent and is good for reducing or eliminating *vasomotor symptoms*. When taken by mouth, it is largely converted to estrone in the small bowel.

Estriol (E3) is the least potent estrogen, and the weakest estrogen at the receptor sites. It is known to be the 'pregnancy estrogen,' occurring in massive amounts while a woman is carrying her child to term. This estrogen is also known as the 'safest' out of the three in the body. It was shown, in mice, to actually prevent growth at the breast receptor site by blocking the prolific effects estradiol and estrone on the breast tissue. It also does not cause the uterine lining to thicken, which means that the risk for uterine cancer is reduced. It was also shown to protect the bones against osteoporosis, as estradiol and estrone does as well.

Why has my provider prescribed Tri-Est for me? Tri-Est may be used for hormone replacement therapy (HRT) in peri-menopausal, menopausal, and post-menopausal women for the treatment of symptoms of low estrogen levels. These symptoms include *vasomotor symptoms*, as mentioned above, irregular menses, mood swings, vaginal dryness, burning, and itching. Estrogens are also used in the treatment of a variety of other conditions associated with a deficiency of estrogen hormones, including female hypogonadism, ovarian failure, or ovariectomy (removal of ovary). Other uses include preventing osteoporosis, ischemic heart disease, Alzheimer's disease, improving lipid profile, and maintaining bladder and urinary tract function. Estrogens can also be used for breast cancer treatment in selected postmenopausal women, and in combination with Progestins, for ovulation control in prevention of conception. Topical Estrogen therapy has been used for reduction of wrinkles and skin softening effects.

Why has my provider prescribed Tri-Est for me instead of all the other products that are available on the market? Tri-Est is a compounded medication made by a specialized pharmacist to give you individualized amounts and ratios of estrogen for your specific situation. There is no "Tri-Est" manufactured product out on the market. In addition, Tri-Est

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can be a safer choice for HRT for those ladies needing some estrone and estradiol to combat their *vasomotor symptoms*, with estriol fights at the breast receptor sites against cancerous growth.

Where does Tri-Est 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 no 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 Tri-Est? 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 synthetic hormones that are foreign to our body.

How do I take this Tri-Est? That depends on what form your provider prescribed. If in an oral capsule, you may take it without regard to meals. If sublingual drops or rapid-dissolve tablets, they are to be placed directly under the tongue and not in juice or water. Try not to swallow anything until the medication dissolves. If it is in a cream or gel, apply on a soft-skinned area. If it is in a vaginal cream, apply with the applicator as directed. 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: headaches, water retention, weight gain, hair loss, breast tenderness, irritability (mood swings), spotting, nausea, stomach upset, dizziness, depression, decreased libido, increased risk of cancer, increased risk of thromboembolic disorder, increased risk of gallbladder disease and other symptoms. If the dose is too low, you may still be having menopausal symptoms.

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These side effects may be temporary and self-limiting.

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