

If you have a hormone imbalance, you are not alone! Hormone deficiencies, imbalance and abnormalities affect approximately 55 million women in U.S.

50,000 women a day enter menopause.

2,500 women a day enter perimenopause.

80% of women complain of some type of PMS symptom.

**Hormone Balancing Therapy For Your Body!**

Biologically Identical Hormone Replacement Therapy (BHRT) is often prescribed to ease the symptoms of menopause, but it can also be used to treat a variety of conditions that women of all ages may experience.

- Menopause
- Perimenopause
- Pre-menstrual Syndrome (PMS)
- Polycystic Ovarian Syndrome (PCOS)
- Irregular Menstrual Cycle
- Infertility
- Endometriosis
- Fibrocystic Breasts
- Vaginal Dryness
- Decreased Libido
- Adrenal Support

Hormones affect many areas of your health. If your hormones become unbalanced, BHRT is a way to restore balance: custom compounded just for you.

**College Pharmacy's  
Hormone Balancing Resources**

**Online Resources:**

Visit the "Women's Health" section of our website to access research articles, hormone evaluations, and popular College Pharmacy hormone publications.

**FREE Hormone Consultation:**

Contact us to speak to one of our experienced BHRT pharmacists to learn more about our complimentary Hormone Consultations.

**BHRT Practitioner Referral:**

We are proud to work with experienced healthcare practitioners throughout the country. Contact us for a list of BHRT practitioners in your community.

*Professional Custom Compounding Since 1974:  
Quality, Innovation, and Experience.*

Menopause  
Perimenopause  
Pre-Menstrual Syndrome



**Hormone Balance & Women's Health**  
Biologically Identical Hormones • Nutrition

- Weight Gain
- Hot Flashes
- Night Sweats
- Fatigue
- Low Libido
- Migraines
- Insomnia
- Mood Swings
- Memory Fog
- Headaches
- Bone Loss



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# Finding Balance: BHRT & Health

An individualized approach to hormone replacement therapy, using biologically identical hormones (BHRT), pinpoints a person's exact hormone levels, and what hormones are needed to balance their hormone deficiency.

The differences between synthetic and biologically identical hormones are in their chemical structures and functionality. BHRT hormones have the same chemical structure as the hormones created naturally in the human body.

Hormones are very powerful substances that affect every cell of our body. It is not surprising that we experience a myriad of unpleasant symptoms and conditions when our hormones become imbalanced or deficient.

Diet, nutrition, stress level, exercise, and family health history are also important factors in determining your overall hormone health and meeting your personal hormone balancing goals.

## Hormone Balancing Benefits May Include:

- Overall decrease in Menopause symptoms
- Decreased menstrual bleeding and spotting
- Increased metabolism
- Helps prevent heart disease
- Improves cognitive function
- Reduces irritability and anxiety
- Helps reduce headaches/migraines
- Helps restore normal sleep patterns
- Reduces vaginal dryness
- Slows bone loss
- Lowers LDL/Raises HDL
- Adds moisture to the skin
- Enhances Libido

# The Symptoms: Are You In Need?

The most common symptoms of a Hormone Imbalance are listed below. Take a few minutes to evaluate your hormone health. Have you regularly experienced, or are you currently experiencing:

- |   |   |
|---|---|
| <input type="checkbox"/> Weight Gain        | <input type="checkbox"/> Breast Cysts           |
| <input type="checkbox"/> Hot Flashes        | <input type="checkbox"/> High Triglycerides     |
| <input type="checkbox"/> Night Sweats       | <input type="checkbox"/> PMS                    |
| <input type="checkbox"/> Fatigue            | <input type="checkbox"/> Fibroids               |
| <input type="checkbox"/> Headaches          | <input type="checkbox"/> Heavy Cycles           |
| <input type="checkbox"/> Migraines          | <input type="checkbox"/> Irregular Cycles       |
| <input type="checkbox"/> Hair Loss          | <input type="checkbox"/> Anxiety                |
| <input type="checkbox"/> Allergies          | <input type="checkbox"/> Depression             |
| <input type="checkbox"/> Sinusitis          | <input type="checkbox"/> Acne/Oily Skin         |
| <input type="checkbox"/> Bone Loss          | <input type="checkbox"/> Facial Hair            |
| <input type="checkbox"/> Insomnia           | <input type="checkbox"/> Irritability           |
| <input type="checkbox"/> Foggy Thinking     | <input type="checkbox"/> Low Sex Drive          |
| <input type="checkbox"/> Heart Palpitations | <input type="checkbox"/> Mood Swings            |
| <input type="checkbox"/> Dry Skin/Hair      | <input type="checkbox"/> Vaginal Dryness        |
| <input type="checkbox"/> Incontinence       | <input type="checkbox"/> Decreased Urine Flow   |
| <input type="checkbox"/> Infertility        | <input type="checkbox"/> Increased Urinary Urge |
| <input type="checkbox"/> Miscarriage        | <input type="checkbox"/> Decreased Muscle Mass  |
| <input type="checkbox"/> Ovarian Cysts      | <input type="checkbox"/> Breast Pain            |

## The Next Step:

If you checked off two or more of these symptoms, you may suffer from a Hormone Imbalance. A BHRT program that balances your hormones and addresses your personal needs has been shown to help relieve these symptoms, restore vitality, and aid in prevention of certain diseases.

# Starting BHRT: A Personal Approach

## How Do I Start A Hormone Balancing Program Using Bio-Identical Hormones?

The first step is to talk to your healthcare provider to see if they are familiar with BHRT.

If you do not currently have a healthcare practitioner, or do not have one that is familiar with BHRT, you can contact College Pharmacy for assistance. As one of the most comprehensive compounding pharmacy's in the country, we have many resources for both you and your healthcare practitioner. College Pharmacy can provide you with a BHRT practitioner referral, or set-up a complimentary Hormone Consult with one of our pharmacists.

Working closely with your healthcare practitioner, and based off of your personal hormone evaluation and lab results (saliva or blood serum), our pharmacists will assist your practitioner in using these diagnostic tools to help determine a course of treatment and will make a hormone dosage recommendation...tailored to your personal needs.

With a healthcare practitioner's prescription, we will prepare your hormones in a strength and dosage form that best suits your personal needs. Dosege forms include sublingual tablets, topical gels and creams, pellet implants, and vaginal suppositories.

Once you have begun your hormone balancing program, we will work closely with you and your practitioner to make sure your BHRT is working correctly, adjusting the dosage if necessary, ensuring that your prescription fits your bodies personal hormone needs.

*Please see the back panel of this brochure for resources and contact information.*