



## About Compounding for Bioidentical Hormone Therapy

**Town & Country Compounding** has found that in many Ob/Gyn and family practices, today’s women are taking a more active role in their search for quality healthcare. One such area of increasing demand is *Bioidentical Hormonal Replacement Therapy (BHRT)*. It appears more and more physicians are looking for a knowledgeable source for BHRT information for themselves, their staff and their patients. We at Town & Country have taken an active role as part of the patient’s healthcare team by providing information, references and educational opportunities for physicians, as well as patient seminars. These seminars educate women on perimenopausal/menopausal symptoms and treatment options, including the risks and benefits of hormonal replacement. We also have available for our patients private, comprehensive BHRT and nutritional consultations.

### Compounding of BHRT

Town & Country pharmacists are meeting the needs of women through the use of plant-derived hormones that are biologically identical to those naturally occurring in women. The true value of compounded BHRT is the ability to customize the therapy to fit the woman’s individual body and hormone levels. In fact, hormones can be made in a variety of strengths and dosage forms including capsules, topical creams, suppositories and sublingual troches.

**Bio-identical Hormones** are plant-derived hormones (soy or yam) that are biologically identical to those naturally occurring in women. They include estrone, estradiol, progesterone, testosterone, dehydroepiandrosterone (DHEA), pregnenolone, and androstenedione. We only compound with USP-NF grade, micronized forms of the hormones to ensure bioavailability. They can be compounded into various dosage forms in order to meet the unique needs of the patient and physician.

**Topical Creams** are an excellent delivery method for steroids due to their low molecular weight and highly lipophilic molecules. The target of application is adipose tissue, not the bloodstream. We dispense topical steroid creams in **pre-filled calibrated topical dosing syringes** which eliminates the mess women may encounter when measuring creams from a tube. There are various bases available when compounding transdermal hormones, and below are a few of our favorites.

**Sustained Release Oral Capsules** are the gold standard when an oral dosage form is required. The SR formulation avoids the “peaks and valleys” of plasma level that would be seen in an immediate release capsule. This sustained release capsule also avoids the GI breakdown and frequent dosing schedule that would otherwise occur. Our sustained release capsules use Methocellulose and acidophilus as the preferred filler.

**Oil Capsules (oral)** are also available for physicians who favor this dosage form. The oil capsule is absorbed through the lymphatic system which bypasses GI destruction and first pass effect to some degree. Grape Seed oil is our oil of choice for its antioxidant properties and superior acceptability.

**Sublingual/Buccal** administration is yet another choice for avoiding upper GI destruction and first pass effect. Troches (lozenges), SL Drops, Mini-Troches, and Tablet Triturates are all options, however not widely prescribed.

**Vaginal Creams and Suppositories** is often prescribed for either systemic or local effects. Suppositories are compounded using a stable fatty acid base with a low irritation profile and a low melting point (body temperature). **Emollient Cream Base** is the preferred choice for vaginal cream compounding. It is an excellent, all-purpose base providing a slightly stiffer, yet smooth cream. The emulsifier for this cream is non-ionic, providing it with a non-irritating quality.

**Regardless of the dosage form chosen, hormone compounding at Town & Country is performed by trained pharmacists and technicians who are focused on quality and safety. Hormone compounding is contained in a separate room located at our lab, in which a workstation hood and proper safety clothing are used to provide maximum protection when compounding hormones. All formulas are thoroughly reviewed and calculations are double-checked. Measurements are done on electronic balances, all chemicals used in formulation are triple-checked and the finished compound is immediately labeled**

## **Educational Services:**

We at Town & Country Compounding strive to assist physicians or patients in their quest for reliable information regarding hormone replacement therapy with the following services:

### **For the Patients**

- Pharmacists are available to discuss drug therapy and address questions at any time
- Comprehensive, private consultations with a pharmacist is available by appointment
- Women's Health seminars held every often discussing perimenopausal/menopausal symptoms and treatment options, including the risks and benefits of hormonal replacement.
- Reference materials and referrals available upon request
- Nutritional consultations available with a pharmacist

### **For the Physicians**

- Educational in-services provided for physicians and office associates.
- Reference materials, journal articles and clinical trial abstracts available upon request.
- Opportunities to attend BHRT Symposiums sponsored by the Professional Compounding Center of America (CME available).

## **Conclusion**

Town & Country Compounding and Consultation Services takes great pride in preparing the highest quality compounded medications. We are dedicated to working with physicians and patients to achieve excellent therapeutic outcomes. Please contact us at (201) 447-2020 if you have any questions regarding Bio-identical Hormone Replacement Therapy or any other needs that we can assist with.

## **Learn More**

**Town and Country Compounding's** mission is to help physicians and patients pursue more positive therapeutic outcomes. To learn how pharmaceutical compounding can provide benefits for your medical practice, please contact Tom Pellegrino, Director of Marketing & Education at (201) 321-9398, or call the staff at our Laboratory direct at (201) 447-2020

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