

## What Is Hormone Replacement Therapy?

Hormones are involved in most of the body's basic functions like digestion, appetite, libido, and mood. Low or imbalanced hormone levels can have widespread effects on your health and feeling of well-being. For many people, the solution is hormone replacement therapy, which is the use of compounded medications customized to replace the hormones your body isn't producing.

At Belmar, we compound bioidentical hormones for women and men. Bioidentical hormones have the same molecular structure and function as natural human hormones. Doctors and patients today are choosing bioidentical hormone replacement therapy (BHRT) as the preferred treatment for declining or imbalanced hormones.

## Benefits of Hormone Replacement Therapy

Our pharmacists compound our BHRT prescriptions using plant-derived natural ingredients from FDA approved sources. Unlike a traditional non-compounding pharmacy, we can combine, remix, or change a medication's active ingredients and additives to meet each patient's widely varying needs. Belmar pharmacists provide the best mix of relief and convenience giving physicians options in hormone therapies, dosages, and delivery systems.

### Menopause

The most common use of BHRT is to treat the symptoms of menopause in women. These symptoms include hot flashes, night sweats, vaginal dryness, sleep problems, fatigue, weight gain, loss of muscle mass, foggy thinking, and mood changes. BHRT for menopausal women restores quality of life for women experiencing perimenopause and menopausal. There is no need to suffer in silence any longer.

### Loss of Bone Density

Postmenopausal osteoporosis can affect many women during the first decade following menopause. Bones may become brittle, fragile, and easily fractured. It is one of the most common postmenopausal problems that doctors can treat with BHRT.

### Heart Health

Until they reach menopause, women are protected from many cardiovascular problems by their female hormones. However, once estrogen and certain adrenal hormones start to decline, women may need hormone replacement therapy to help protect their heart and blood vessels.

### Sexual Dysfunction

BHRT may help with vaginal dryness in women, decreased libido in both sexes, and sexual functioning issues in men.

### Muscle and Strength Loss

Men and women can lose muscle mass and strength as hormone levels decrease. Hormone replacement therapy can help patients continue enjoying their favorite sports, activities, and a better quality of life.

### Mood Disorders

Hormonal changes in menopause or andropause (in men) can cause or worsen mood swings, anxiety disorders, or depression. In addition to worry, fear, agitation, irritability, nervousness, and irrational thoughts, patients can have physical symptoms — rapid heart rate, shortness of breath, nausea, numbness, lightheadedness, shakiness, and high blood pressure.



# Who Can Benefit from Bioidentical Hormone Replacement Therapy?

BHRT can benefit women and men with age-related changes in hormone levels causing problems that range from wellness issues to serious medical conditions.

BHRT therapy can also be useful for younger patients who have any of the conditions mentioned. No matter what age you are, if you suffer from a hormone imbalance, bioidentical hormone replacement therapy may help.

# Who Should Avoid Bioidentical Hormone Replacement Therapy?

However, BHRT isn't right for everyone. Not everyone gets these symptoms as they get older; if you don't, there's no need to fix what isn't broken! Also, the potential risks and side effects can vary from individual to individual, based on a patient's medical history and lifestyle. You should always consult carefully with your doctor about your current hormone levels and the potential pros and cons of hormone replacement for you. Make sure your doctor knows if you:

- Think you may be pregnant
- Are experiencing vaginal bleeding
- Have/had certain types of cancer such as breast, uterine, or endometrial
- Had a stroke or heart attack
- Have/had blood clots
- Have/had liver disease

If you have any of these risk factors, your doctor may want to consider a different solution for you.

# Belmar's BHRT Medication Solutions

The following medication solutions currently fall within our BHRT formulary:

- Estradiol
- DHEA
- Biest
- Chrysin
- Oxytocin
- Estriol
- Progesterone
- Testosterone
- Anastrozole
- Pregnenolone

# Common Dosage Forms of BHRT

At Belmar, our expert pharmacists compound bioidentical hormones in a variety of dosage forms to suit specific conditions and individual patient preferences. These include:

- Oral Tablets
- Troches
- Sublingual Tablets
- Transdermal Cream
- Vaginal Cream
- Oral Capsules
- Vaginal Tablets
- Pellet Implants
- Topical Gel
- Solution
- Suspension
- Ointment
- Suppositories (Rectal or Vaginal)

# Learn More About BHRT

If you're dealing with or concerned about one of the conditions mentioned, visit our [Conditions](#) page to find resources and guides to help you discuss compounding solutions with your doctor.

If you're a clinician who's interested in prescribing compounded medications for your patients, visit our [Treatment Options](#) page to find a formulary and learn more about the solutions Belmar Pharmacy offers.

# Belmar

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