

# Sand Run Pharmacy

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## Medication Fact Sheet Natural Estrogens

This medication was custom compounded for you based on the prescription from your physician.

**Description of medication:** Your medication may contain one or a combination of the following natural estrogens: Estriol, Estradiol and Estrone. These are natural, plant derived hormones which are chemically identical to the hormones produced in significant quantities in the human body, primarily by the ovaries. Estrogens are responsible for the development and maintenance of the female reproductive system, secondary sex characteristics, favorable effects on blood cholesterol and lipid profiles and slowing the progression of osteoporosis as well as causing the proliferation of the endometrium.

**Recommended usage:** Natural estrogens are used for hormone replacement therapy in perimenopausal, and post-menopausal women for the treatment of symptoms of low estrogen levels. These symptoms include vasomotor symptoms (hot flashes, night sweats), irregular menses, mood swings and vaginal dryness, burning and itching. Estrogens are also used in the treatment 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 and Alzheimer's disease, improving blood lipid profile and maintaining bladder and urinary tract function.

**Adverse reactions:** Adverse reactions to natural hormones are usually related to dose, dosage form, or composition of your prescription and can usually be eliminated with a dose or dosage form change. Adverse reactions are usually a normal physiologic reaction to a hormonal imbalance and may diminish or disappear during treatment. Adverse reactions to estrogen therapy include nausea, stomach upset, bloating, headache, dizziness and lightheadedness. These reactions may be temporary and self-limiting. Other adverse reactions that should disappear with dosage adjustments may include breakthrough bleeding, breast swelling, breast tenderness, fluid retention, weight gain, mood swings, depression, and decreased libido. Do not use natural estrogens during pregnancy. Please contact us or your physician if you experience any of these symptoms.

**Precautions:** Consult your physician if you have a personal or family history of breast, uterine or ovarian cancer, heart disease, thromboembolic disorder or gallbladder disease.

**Directions:** This medication is available in many dosage forms, including oral capsules, sublingual troches (lozenges), injections and topical or vaginal creams. All oral dosage forms may be taken on an empty stomach or with food. Follow dosage directions exactly. Be sure to consult with your physician for dosage adjustments. If you miss a dose, take it as soon as you remember. Do not take if it is almost time for your next dose, instead, skip the missed dose and resume your usual dosing schedule. Do not double the dose. Store this medication as directed by your pharmacist.

**Please call us at (330) 864-2138 if you have any questions or concerns about this medication.**