



## WHAT ARE “BIOIDENTICAL” HORMONES?

Bioidentical hormones are identical in structure and function to the hormones produced by your body. Sterols obtained from certain types of naturally occurring plants (soybeans, yams) are converted chemically to hormones which are bioidentical to those found in humans. Because the ingredients are naturally derived, it is impossible for a manufacturer to obtain a patent on these substances.

*“Based on your symptoms and the results of your saliva or blood tests we can help to identify which hormones need to be rebalanced and offer you advice on the best methods to achieve hormonal balance.”*

## COMMON HORMONES

### Estrogens

There are three naturally occurring estrogens - estrone (E1), estradiol (E2) and estriol (E3). Of these three, estradiol is the most potent. Estrogens have an important function in protecting bones, sustaining a healthy cardiovascular system, regulating reproductive systems, and preserving brain function.

### Progesterone

Progesterone is produced in the ovaries. Women with regular cycles generally make adequate progesterone. Sustaining health during pregnancy, maintaining regular menstrual cycles, breast development, and preserving brain function are all roles where progesterone plays an important part.

### Testosterone

Testosterone plays an important role in the health of both men and women. It is essential for creating energy, regulating the immune system, maintaining mental acuity, boosting strength, and regulating libido.

### DHEA

DHEA is a naturally occurring hormone within the human body, it is secreted by the adrenal gland. DHEA serves as precursor to male and female sex hormones (androgens and estrogens). DHEA levels can be depleted by certain diseases including diabetes and adrenal insufficiency. DHEA is commonly used for weight loss, for decreasing the symptoms of menopause, and for boosting the immune system, as well as limiting the effects of depression and fatigue.

### Thyroid Hormones

The thyroid hormones levothyroxine (T4) and liothyronine (T3) are primarily responsible for the regulation of metabolism. T3 is the active thyroid molecule, meaning that it is the form that exerts its effects on the body's cells. However, the body also produces T4 and converts it to T3 in the blood vessels.

# HOLLY PARK PHARMACY



FULL SERVICE PHARMACY  
SPECIALIZING IN  
BIOIDENTICAL HORMONE REPLACEMENT THERAPY

# HOLLY PARK PHARMACY

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## Can Hormones be “Re” - Balanced?

In short, yes. Based on your symptoms and the results of your saliva or blood tests we can help to identify which hormones need to be rebalanced, and offer you advice on the best methods to achieve hormonal balance.

## Can Hormones be Compounded and Custom Made for Me?

Yes. Our compounding pharmacists can work with you and your medical provider to:

- Accurately test the specific hormone levels in your body
- Evaluate your test results and hormone evaluation worksheet
- Determine the best treatment strategy for you
- Compound the necessary hormones in individualized strengths and dosage forms to meet your unique needs
- Adjust your dosages over time to coordinate them with your natural again process

## PERSONALIZED CARE

Our highly trained pharmacists have the ability to custom make bioidentical hormones in our state of the art compounding laboratory. Each hormone medication is custom made ensuring for proper dosing, the fewest possible side effects, and the simplest form of dosing. Compounding hormones allows for:

**Unique delivery vehicles to be utilized** (i.e., transdermal gels, troches, vaginal creams, etc.). These unique forms of delivery may make administering your customized hormone preparations easier, more pleasant, and potentially more effective.

**Hormones to be concentrated on individual need;** which maximizes therapeutic outcomes while potentially reducing side effects.

**Multiple hormones combined to form a customized medication.** This may speed the balancing process and return to quality of life.



Since bioidentical hormones are identical to those that the body produces for itself, we feel it makes more sense to use these types rather than hormones from horses, or synthetic versions which are not identical in chemical structure to what your body produces.

## SYMPTOMS OF HORMONE IMBALANCES

Even when only one unbalanced hormone is present, it will adversely affect all the others. This imbalance may result in the following :

- Hot Flashes
- Insomnia
- Low Libido
- Anxiety
- Memory Loss
- Abnormal Menses
- Night Sweats
- Weight Gain
- Depression
- Bone Loss
- Fatigue
- Incontinence
- Yeast Infections
- Bloating
- Mood Swings
- Murky Thinking
- Infertility
- Vaginal Dryness
- Breast Tenderness



## CUSTOM DOSING FORMS

We can compound hormone preparations in the following forms:

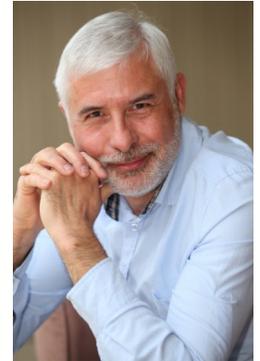
- Transdermal Creams & Gels
- Capsules
- Troches
- Sublingual drops
- Vaginal Suppositories
- And others!

**HOLLY PARK**  
**PHARMACY**

## ANDROPAUSE & LOW T

Andropause is the result of a gradual drop in testosterone. Testosterone is the major androgen (male sex hormone) found in the male body, thus giving the condition its name. Starting around the age of 30, men's testosterone levels begin to gradually decrease. This decrease in testosterone can lead to distressing changes in a man's life, including:

- Weight gain
- Memory Loss
- Diminished Libido
- Hair loss
- Erectile dysfunction
- Muscle loss
- Depression
- Fatigue



Testosterone assists the male body in building protein and is crucial for normal sexual drive and stamina, and in producing erections. Testosterone also has positive effects on mood, cognitive ability and behavior. Several published studies have shown the beneficial effects on quality of life by normalizing testosterone levels with testosterone replacement therapy.

## GETTING STARTED

Our compounding pharmacist can work with you and your medical provider to help you regain your quality of life.

- Schedule a consultation with one of our compounding pharmacists to determine how to get started.
- Schedule an appointment with your medical provider to review your options.
- Schedule a follow up consultation with one of our compounding pharmacists to better understand your medication, and discuss any questions you may have.