INTRODUCTION TO:

COMPRESSED

BIO-IDENTICAL HORMONE REPLACEMENT

RESEARCH  REPLACE  RESTORE

404 East Prien Lake Road - Lake Charles, LA 70601 - MON-FRI 9am-6pm - 337-436-7216
Compounded bio-identical hormones are chemically processed from precursors found in yam or soy plants to have exactly the same chemical structure as hormones produced by the human body. The benefits of bio-identical hormones include fewer side effects versus synthetic derivatives, individualized therapy, and positive benefits of estrogen, testosterone, and progesterone balance. Bio-identical hormones can be compounded in various dosage forms, including creams, capsules, and lozenges.

Symptoms of hormone imbalance can include abdominal weight gain, hot flashes, night sweats, irritability, decreased sex drive, fatigue, dry skin or hair, heavy or irregular menses, difficulty sleeping, and MANY more.

Estrogen therapy has both benefits and risks. Some of the documented benefits of adequate estrogen levels include increased metabolism, increased insulin sensitivity, improved sleep quality, reduction of overall heart disease risk by 40-50%, decreased blood pressure, improved concentration, maintenance of good bone density, and increased energy and sexual interest. However, excess estrogen levels can cause depression, fluid retention, headaches, poor sleep, irritability, mood swings, fatigue, increased risk of auto-immune diseases, weight gain, and increased risk of breast and uterine cancer.

The human female body makes three primary estrogens: estrone, estradiol, and estriol, abbreviated E1, E2, and E3 respectively. Estrone (E1) is a very strong estrogen that has been linked to breast and uterine cancer in some women. Boudreaux’s New Drug Store prefers not to give estrone, but some patients require it temporarily to achieve symptom relief. Estradiol (E2) is the estrogen that our bodies produce in the highest amount, and it is crucial for proper estrogen balance. Estradiol has also been linked to some breast cancers. Estriol (E3) is the weakest estrogen in our bodies, and is produced as a breakdown product of estrone and estradiol. It is thought to have protective effects against many of the health problems that excess levels of estrone and estradiol may cause. Symptoms of too much estrogen can include breast tenderness, headache, irritability, and hot flashes.

In aging men, Estrogen, primarily Estradiol, can rise as Testosterone levels decrease. This can lead to increased weight gain and fat tissue in the abdomen.
Boudreaux's New Drug Store advocates conservative, customized dosing to maintain proper hormone balance and promote healthy estrogen levels. Estrogen levels are improved with a diet high in grains and fiber, moderate exercise, stress reduction, certain B vitamins, omega-3 fatty acids (fish oil), and maintaining a healthy body mass index (BMI). Just as important as maintaining a healthy estrogen level is ensuring its proper balance with other hormones in the body, including progesterone, testosterone, and cortisol.

**Progesterone**

Progesterone is a hormone produced by the ovaries and adrenal glands that helps to balance estrogen. Natural progesterone, which is very different from the synthetic progestins found in many non-compounded hormones, has many benefits. Progesterone improves sleep, has a natural calming effect, lowers high blood pressure, helps the body use and eliminate fats, lowers cholesterol, has anti-inflammatory properties, and is both a natural diuretic and a natural antidepressant. Too much progesterone upsets the natural progesterone/estrogen balance, and can cause hot flashes and fluid retention. Optimal Progesterone levels are important in men as well for maintaining healthy prostate tissue.

**Testosterone**

Testosterone is important in both males and females for proper body function. Testosterone increases sexual interest and sense of emotional well-being, increases muscle mass and strength, helps maintain memory and keeps skin from sagging. It also helps maintain bone density as well as decreases excess body fat. Some ways to naturally improve libido, without supplementing testosterone, include decreasing calorie and increasing protein intake, exercising properly, getting adequate sleep, losing weight, and reducing stress levels. Too much testosterone can cause acne, irritability, and (in extreme cases) facial hair growth and male pattern baldness in women.
Cortisol is a stress hormone secreted by the adrenal glands to help the body cope with day-to-day stresses. It should start highest in the morning and gradually fall throughout the day. Cortisol functions to aid in blood sugar balance, weight control, immune system responses, reaction to stress, and sleep. Elevated cortisol can cause fatigue, irritability, insomnia, decreased immunity, insulin resistance, elevated cholesterol, increased risk for osteoporosis, muscle weakness, easy bruising, and weight gain (especially around the “middle”). Low cortisol, characterized as adrenal fatigue, can cause fatigue, insomnia, decreased sexual interest, decreased immunity, allergies, unresponsive hypothyroidism (does not respond to treatment), emotional imbalances, lack of motivation, and digestive problems. Cortisol imbalances are corrected with over-the-counter supplements. For more information on cortisol, please visit www.adrenalfatigue.org.

Once reliable lab values have been established the next step on the road to hormone balance is setting up an appointment to review your medical history and symptoms. A simple saliva test you do at home gives us a picture of your hormone levels and how your body metabolizes these hormones. Based on these results, we work with your physician to provide you with customized hormone prescriptions.

Most women see symptom improvement the first month, though a full two months is sometimes required to see the maximum effect of a new regimen or a dosage change. At Boudreaux’s New Drug Store, we treat the whole person, with the ultimate goal of improved overall health and well-being. For many patients, hormone balance is just the first step towards a whole new life.
SALIVA TESTING INSTRUCTIONS

Depending on the kit you purchased, you have 1 to 4 vials in which to collect your samples. The following instructions are arranged depending on the number of vials you have.

1 VIAL TEST

Follow the instructions in the enclosed paperwork as to preparations before collection. You may test at any time. If you are currently on hormone replacement - collect as follows:

Bio-identical Oral HRT:
- Collect 12-24 hours after your dose

Compounded Creams/Gels:
- Collect 12-24 hours after your dose

Other Oral HRT (non-bio-identical):
- Collect 12-24 hours after your LAST dose

Injections:
- Collect JUST PRIOR to your next injection

Patches:
- Collect DAY BEFORE patch change

For females still having a regular menstrual cycle the optimal test is the 11-vial FHP which tests the hormones all-cycle. This test costs $200 +$10 kit.

DO NOT COLLECT

Call the pharmacist for additional information!
4 VIAL TEST (Usually testing hormone profile and cortisol)

Please carefully read the AVOIDANCE LIST and test preparation instructions from the paperwork that is included with your kit. If you are currently on hormone replacement please follow the guidelines listed on the previous page.

There are 4 tubes - labeled: MORN/FASTING, NOON, AFTERNOON, and MIDNIGHT.

The collection schedule is printed on the lab’s paperwork.

Be sure to collect the “Morning” sample within 30 minutes of waking up (which may be earlier than the lab’s schedule.) The “Midnight” vial should be collected as close as possible to the time you are going to sleep. This DOES NOT mean getting in your bed to watch television or read a book. Please be sure to fill the vial by the time you go to bed - or by midnight - whichever is sooner.

You must refrigerate or freeze each full sample vial as soon as it is filled.

It is necessary to keep a journal of the collection day (provided by the pharmacy.) If you did not get this; STOP and see our website for a digital copy.

Smart Phone users may scan this QR Code for a direct link:

Or look for this button on our website www.boudreauxsnewdrug.com

There are many factors that can affect cortisol output, so using this document to keep track of activities will help us when evaluating the results.
SHIPPING INSTRUCTIONS

Place vial(s) in original bag and ship in prepaid shipping box. Be sure all vials are labeled accordingly and all lab paperwork is filled out in its entirety. Any missing information will delay the processing of your samples.

ADDITIONAL INFORMATION

It has been brought to our attention that certain cosmetic products may interfere with the test results. Because of this we ask that females collecting saliva avoid:

- cosmetic moisturizers
- liquid make-up preparations
- anti-aging serums
- anti-wrinkle creams

FOR AT LEAST THREE DAYS PRIOR TO TESTING

Also avoid wearing lipstick while collecting.

Powder foundations and mineral powders are OK to use.

REMEMBER: For multiple-vial kits, the female hormones are taken from the morning vial, so after collecting this vial, feel free to resume normal cosmetic applications.

If you have any additional questions, feel free to call the pharmacy at 337-436-7216 MON-FRI 9am-6pm.

You’re on your way to a better quality of life.
HORMONE REPLACEMENT THERAPY POLICIES

Goals
The primary goals of our HRT program are symptom improvement in two months with improved overall health and quality of life through hormone balance. In our clinical experience, the optimal regimen for hormone replacement is balanced replacement at the lowest effective doses. While we realize that this is not the optimum beginning therapy for all or even most patients, it is the long-term goal of our program.

Lifestyle
Key components of hormone balance are nutrition, regular exercise, and stress management. The minimum expectation of our HRT patients is a healthy diet, regular exercise along with a high quality multivitamin. There are other nutraceuticals we recommend in every patient, as well as patient-specific recommendations, but consider the multivitamin to be pivotal in establishing balance and for hormones to work effectively.

Communication
A primary benefit of our HRT program is your access to our staff. To ensure your confidentiality and to provide the best one-on-one service we can it is always best to make an appointment with us ahead of time. Detailed and personalized hormone consultations are available by appointment-only. After this initial consult, you will not be charged for contacting us, and we strongly encourage you to do so as needed. If, however, that follow-up consult requires longer than ten minutes to resolve, we will schedule a consultation appointment at the applicable rate (see below). We value your time and care about the outcomes of your therapy, and feel this policy is necessary to ensure that you receive our undivided attention and the very best service we can provide. Our regular business hours are:

Monday — Friday 9:00am to 6:00pm

Due to time constraints - the best way to communicate with us for quick questions is often by telephone or e-mail. We don't want to waste your time waiting because a pharmacist is not available when you're in the store. We also want to be able to take time and focus on you and your individual issues. Telephone and e-mail communications allow us to do that most effectively.

Also, because we do not charge for routine follow-up communication, it is imperative that you contact us before changing or adjusting your hormone replacement regimen in any way. We also strongly recommend follow-up consultations with all of our patients and periodic hormone testing. The frequency of these recommendations will be suggested on a patient-specific basis.

Although we will be consulting directly with you on your HRT regimen, we make all recommendations in conjunction with your physician. This communication requires time, so please plan ahead and allow at least 3-4 business days for such communication when requesting dose changes or when you are out of refills. Please note that your physician will have minimum requirements to continue prescribing your HRT, including but not limited to annual exams, and we cannot dispense HRT without a physician's approval.

Pricing
- All Saliva Kits are $10 each
- Initial Saliva Hormone Test: $132-$299 - includes shipping & follow-up test result explanation

- FLEX Kit - $132 + $10 kit (choice of 9 hormones)
- ASI Kit - $120 + $10 kit (Adrenal Function Test)
  - FHP Kit - $200 + $10 kit (Female Hormone Mapping - 11 Vials)
  - Peri-M Kit - $120 + $10 kit (Pre/Post Hormone Test)
  - Post-M Kit - $99 + $10 kit (Snap-Shot)

- Repeat Saliva Hormone Test: $95-$132
- Initial Hormone Consult: $75
- Scheduled Follow-Up Consultations: $30 per half hour, prorated
Included in the price of our hormone replacement medications is the time it takes to make and dispense the medications, as well as basic follow-up consults and time spent contacting physicians on your behalf. The following monthly prices are an estimate, and are subject to change:

- One hormone: $30-$50 (example: Bi-Est capsule or cream)
- Two hormones: $40-$70 (example: Bi-Est/Progesterone capsule or cream)
- Three hormones: $50-$80 (example: Bi-Est/Progesterone/Testosterone cream)

Please note that we will do our best to combine hormones for cost reasons whenever possible, but combination products do not always create the best outcomes for every patient. We will address your specific needs on an individual basis and work with you and your physician to optimize your hormone replacement therapy.

**Billing**

This Pharmacy is not contracted with any insurance carriers; therefore we do not bill insurance for any of our services or medications. Products purchased from us are generally applicable to Health Savings Accounts, and we will always give you a Universal Claim Form with your prescription medications. The Universal Claim Form can be used to apply for reimbursement from your insurance provider.

Medicare will pay for saliva hormone testing with an appropriate physician prescription, which we can usually obtain for you. Medicaid does not currently reimburse for compounded hormones.

Some other insurance companies will pay for saliva hormone testing, and a list of codes they may require is available upon request. Generally, you want to ask 1) if saliva hormone testing is covered, and 2) if Diagnos-Techs laboratory is in-network.

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**What to bring back BEFORE your initial consultation:**

- Your filled-out Consultation Form and Symptom Rating Sheet, and Cortisol Diary (if applicable)

**What to bring on the DAY OF your initial consultation:**

- The signature form on PAGE 11 of this document packet
- PHYSICALLY BRING INTO THE PHARMACY any and all medications and supplements you currently take ("anything that goes in your mouth that isn’t food or drink")
- A list of questions you want to make sure we answer during your consultation
By signing this form, I understand and agree to the policies detailed in this document. I understand that these policies are subject to change without written or advanced notice.

__________________________________________________
Printed Name

__________________________________________________  __________________________
Signature  Date

We are excited and appreciate the opportunity to assist you with hormone balance and improving your overall health!