

Natural (Bio-identical) Estrogens

Medication:

Your medication may contain one or a combination of the following natural Estrogens: Estriol, Estradiol, and Estrone. These are identical to the hormones, which are produced in significant quantities in the human body, primarily by the ovaries.

Use:

Natural Estrogens are used for replacement therapy in peri-menopausal, menopausal, 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 a variety 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. Estrogens can also be used for breast cancer treatment in selected postmenopausal women and in men, prostate cancer in males, and in combination with Progesterone for ovulation control in prevention of conception. Topical Estrogen therapy has been used for reduction of wrinkles and skin softening effects.

Directions:

Natural Estrogens are available in many dosage forms, including oral capsules, troches, injections, and topical preparations. Oral preparations may be taken with food. Follow dosage directions exactly. Be sure to consult with your physician or pharmacist for adjusting dosage or if you have any questions.

Side Effects:

Side effects of Estrogen therapy include nausea, stomach upset, bloating, headache, dizziness, and lightheadedness. These effects may be temporary and self-limiting. Other adverse reactions may include breakthrough bleeding, breast-swelling, breast pain, fluid retention, weight gain, mood swings, depression, decreased libido, increased risk of gallbladder disease, and increased risk of thromboembolic disorder. Do not use Natural Estrogens during pregnancy. Adverse reactions to natural hormones may be related to dose or composition of your prescription. Please consult your Physician or Pharmacist if you experience any of these symptoms or have any questions.

Missed Dose:

If you miss a dose, take as soon as remembered. 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.

Storage:

Store at room temperature unless otherwise indicated. Keep away from excessive moisture (i.e. kitchen or bathroom).