

Fredericton Medicine Shoppe (at the Fredericton Direct Charge Co-op)
170 Doak Road . Fredericton . NB . E3B 5A6 . T: 506-453-1324 . F: 506-453-1338

Compounding the Benefits for Co-op Members

In Focus 

Get to know us!

If you would like to discuss with our pharmacists how compounding can work for you, please call or e-mail us with your questions:

Phone: 453-1324

E-mail:

pharmacy@frederictoncoop.nb.ca



Your FREDERICTON MEDICINE SHOPPE

WE ARE A REGISTERED COMPOUNDING PHARMACY WITH THE PROFESSIONAL COMPOUNDING CENTERS OF AMERICA (PCCA), OUR TEAM OF COMPOUNDING PHARMACISTS, **MIKE DUFFY, CARLA HEBERT, KAREN REEVES, AND GREG MACFARLANE**, HAVE ALL RECEIVED *PRIMARY COMPOUNDING TRAINING*, AND IN SOME CASES SELECT TRAINING IN A SPECIFIC FIELD (SUCH AS BIO-IDENTICAL HORMONE REPLACEMENT THERAPY), SO WE CAN BETTER MEET YOUR UNIQUE HEALTH NEEDS.

WE GET TO KNOW OUR CLIENTS, AND THEY GET TO KNOW US.

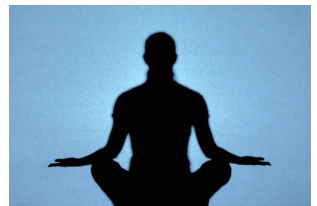
COME ON BACK AND SEE US!!

BIO-IDENTICAL HORMONE REPLACEMENT THERAPY

Bio-identical (or Natural) Hormone Replacement Therapy (**BHRT**) means that the hormones are an exact match to the hormones produced by the human body. These hormones get their start in nature, often from soy beans and wild yams, they are then converted into the exact hormones that the body makes. BHRT fits the body's receptor like a key in a lock - the body can recognize these bio-identical hormones and uses them just as it would if

they were being produced by the ovaries, testes, or adrenal glands.

The traditional alternative are synthetic hormones, which are not easily recognized by the body even though they may produce similar effects. And because synthetic hormones are hundreds of times more potent than the hormones that our bodies make, they are often linked to many undesired side effects.



BIO-IDENTICAL HORMONE REPLACEMENT (BHRT) IS 'NATURAL' VERSUS 'SYNTHETIC'

BHRT is compounded unique for YOU, and will help you when . . .

You are experiencing symptoms of menopause, which might include: hot flashes, night sweats, depression, anxiety, irritability, sleep disturbances, mood swings, headaches, memory problems, decreased libido, vaginal dryness and loss of bladder control. These disturbances may begin in perimenopause, 5 to 7 years before menopause, when the production of estrogen and progesterone hormones decreases. Replacement of these hormones is termed hormone replacement therapy (HRT). The majority of menopausal women in North America are unaware of bio-identical/natural hormone replacement therapy (BHRT). The word "natural" or "bio-identical" refers to the structure of the hormone, not its source. BHRT is minimally altered to match the structure and mimic the function of human hormones. As such, it produces significantly fewer side effects (see 'Benefits of BHRT' below . . .)

BENEFITS of BHRT

Benefits of BHRT include:

1. Fewer side effects compared with traditional HRT, so women are less likely to discontinue therapy.
2. Individual dosages and dosage forms ~ transdermal (topical) delivery or oral dosing.

We will work with your doctor to prepare the exact medication you require. Customized prescriptions provide assurance of the most appropriate dosing for each unique individual.



QUESTION BOX: How do I switch to BHRT?

A prescription is needed for BHRT, and this therapy is only available from a compounding pharmacy. Talk to your physician and your Medicine Shoppe pharmacists about how BHRT can work for your menopausal symptoms and related health concerns. We understand that you and your symptoms are unique and so too is our approach. Come and sit down with us so we can address all of your questions and concerns, and specifically tailor our BHRT solution just for you. It takes time to adjust hormone levels, so working together is a key part of our approach.