

BALANCED (B-HRT) HORMONE REPLACEMENT THERAPY:

What is B-HRT?

B-HRT replaces the hormones the body no longer makes after menopause or when the body loses production of estrogen and other hormones for other medical reasons. B-HRT is used to treat common menopausal symptoms, including hot flashes, fatigue, vaginal dryness, and mood swings. B-HRT also helps prevent osteoporosis, which is a bone thinning disease related to low estrogen levels.

Why Topical B-HRT?

B-HRT creams offer customization, flexibility, and simple, easy application of hormones to be absorbed through the skin and into the bloodstream to help relieve hot flashes, night sweats, depression, and other symptoms of menopause. It also helps the muscle tone and bone health.

How do I know if I need B-HRT cream?

If you are suffering from the symptoms of menopause or have signs of a hormonal imbalance. Your doctor will test your hormone levels to determine your specific needs. After testing, a woman can use a customized cream with enough estrogen to relieve the symptoms of menopause, perimenopause, or low estrogen.

How do I use B-HRT cream?

Your provider will give you specific instructions, but using B-HRT cream is not any more difficult than applying a daily moisturizer. B-HRT cream is typically applied to the arms or legs once or twice daily after a bath or shower and should be allowed to dry before getting dressed.

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Compounded B-HRT is a form of personalized medicine whereby the dose, regimen, and dosage forms are customized based on the patient's symptoms, hormone levels, and preferences. Hormone levels are obtained by either serum or salivary testing and are measured to assess a woman's hormonal stage of life and to create customized therapies. The idea is that these individualized preparations containing balanced hormones may improve the safety and effectiveness of treating menopausal symptoms. Compounded B-HRT is perceived to be more effective, better tolerated, with fewer health risks.

B-HRT Creams

- Estradiol
- Estriol
- Progesterone
- Bi-est
- Testosterone

B-HRT Capsules

- Estradiol
- Estriol
- Progesterone
- Bi-est
- Testosterone
- Anastrozole

WHO ELSE CAN BENEFIT FROM B-HRT THERAPY?

- Loss of interest in sex
- Problems with sleeping
- Loss of energy
- Loss of muscle mass
- Weight gain
- Foggy thinking
- Mood changes



Aapex
Community Pharmacy, Inc.

At Aapex Compounding Pharmacy We Offer:

- **Balanced Hormone Replacement Therapy (B-HRT)**
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- Endocrinology
- Internal Medicine
- Neurology
- Pediatric
- Podiatry
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DIABETES SUPPLIES

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