



Tahlequah Drug Compounding

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Getting started with BHRT at Tahlequah Drug? The first thing you need to do is discuss with your practitioner is if they think hormone replacement after menopause is right for you. If so, we offer a consultation service that includes saliva hormone testing and an in-depth one-on-one consultation with our BHRT specialist pharmacist.

A ZRT saliva test will be provided. We will look at your estrogen, progesterone, testosterone, DHEA and a diurnal cortisol level. Once the saliva test is mailed off there is about a 5 day turn around for the results to be read. Once the ZRT results are posted we will call the patient and schedule a one hour appointment at my office at the Pharmacy.

The cost for the saliva test and hour consultation is \$300.00

To look at only a lab result does not address the whole person. In my opinion, we women are like an orange with many segments that comprise our lives. To help a woman to the best of my ability I need to know what is on her plate and there may be other factors we need to concentrate on in addition to hormone replacement. We discuss nutrition, the importance of exercise, the need for a church family, libido & response and point out how stress can undermine hormones

At the end of that appointment, it is my hope that you as a patient:

- have a better understanding of hormone replacement
- have a plan of what hormone replacement would be best for you.
- have their questions answered
- have been shown helpful resources and websites.

We then fax your Dr's office a summary of the visit, enclose the results of the saliva test and make a recommendation on dosing. Dosing can be tricky ... who better than a pharmacist to help you? We prefer transdermal creams and put whatever hormones the patient needs in one cream to apply topically at bedtime. The cash price per month is very reasonablebetween \$40 and \$45. I am a fan of supplements if needed. We have a well-stocked lobby consisting of Ortho Molecular and Pure Encapsulation products. These can be especially helpful if the patient's cortisol levels are impaired

