



## Welcome to Central Ohio Compounding Pharmacy!

Thank you for your interest in Bio-identical Hormone Replacement Therapy (BHRT). We look forward to working with you to achieve your goals, and we will work hard to help you reach them. In order to accomplish those goals, we feel it is important that our patients know us personally and have realistic expectations about their therapy.

### What can I expect?

- We will work closely with your doctor to find the right therapy to meet your needs. It is important for you, as the patient, to communicate regularly with your physician about your goals. If your doctor needs more information about BHRT, we would be happy to provide it to him or her. The success of your therapy is greatly dependent upon a positive physician/pharmacist relationship.
- Unlike the commercial hormone replacement therapies with only a few strengths, bio-identical hormones can be formulated in any dosage, and in a variety of forms to meet your personal needs.
- There will be an adjustment period of approximately three months, though the time frame may vary slightly from one woman to the next. During this initial period, we will be in contact with you to discuss your symptoms and answer any questions you may have regarding your therapy. Successful hormone replacement therapy requires patience and consistent communication with your health care professionals.

### Private Consultations

Lucy Andrews is available for personal counseling sessions by appointment. This allows one-on-one time with a patient, free from interruptions. Private consultations focus on all aspects of your health, including current medications and supplements, diet, lifestyle, and personal health history. Such detail will help Lucy determine the best therapy for you. Please complete the confidential **Patient Information packet and return it to our office by email at [landrews@cocprx.com](mailto:landrews@cocprx.com)**. The Patient Information Form and any relevant test results must be received by our office prior to your consultation. **The fee for the initial private one-hour consultation is \$195 and includes follow-up hormone testing after 3 months of therapy, and a follow-up 20-minute consultation to discuss these results.** Additional follow-up consults are available at \$45 per each 15 minutes.

### About Lucy

During pharmacy school at The Ohio State University, I worked as an intern at Central Ohio Compounding Pharmacy (COCP), where I learned about the wonderful world of personalized medicine. In addition to working in the compounding lab, I also shadowed Jim Paoletti, a leader in the field of hormone replacement therapy and functional medicine. After pharmacy school I was hired on at COCP as a full-time staff pharmacist and have integrated BHRT and nutritional consultations into my daily role at the pharmacy. I received my certification in Hormone Replacement Therapy from The Professional Compounding Centers of America in 2023, where I further refined my skills for the art and science of hormone therapy. Menopause is unique for every woman and compounding allows for individualized medicine to meet their specific needs. My position as both a compounding and consultant pharmacist allows for the perfect integration of personalized medicine.

## **Saliva vs. Blood Spot Hormone Testing (Female)**

**by Jim Paoletti**

In my over 35 years of experience working with hormones I have found Saliva or Blood Spot testing with ZRT Laboratory to be superior to any other method of measuring and monitoring hormone levels. Saliva results best correlate with levels of the hormones in the body tissues, where the hormones work. ZRT provides valid reference ranges that are correlated with dose, dosage route and symptom management, whereas most labs just give you a number for a result and report a normal range. However, normal ranges are for endogenously produced hormones, and do not always apply once a hormone is supplement exogenously.

I suggest the Female Provide III Saliva test for female patients doing initial testing. This panel will test Estradiol, Progesterone, Testosterone, DHEAS and cortisol in the morning collection sample, and cortisol in the noon, evening and bedtime collection samples.

There are a couple of exceptions. If a patient is already on any oral form of estrogen, such as Premarin® or Estrace®, Estrone should be added to the Female Profile III. If a patient is already using a topical product containing estriol (Bi-est), then estriol should also be tested.

Capillary blood from a finger prick is used for Blood Spot testing. Blood Spot testing needs to be used any time a patient is using sublingual or buccal administration of hormones. It can also be used if a patient has a difficult time producing saliva.

Complete detailed instructions are included with each kit. ZRT or COCP can be contacted if there are any questions prior to testing. Additional testing may be required on an individual basis. Appropriate thyroid testing by be accomplished by conventional serum testing. If additional thyroid testing is needed we can request the appropriate tests from your doctor.