

Ask Your Compounding Pharmacist By Amanda Fuller, PharmD, RPh



In what ways can progesterone benefit me?

Progesterone is present in both men and women to balance and offset the powerful effects of estrogen. Some common concerns of aging women are weight gain, insomnia, anxiety, irritability, depression, decreased libido, and migraines. These symptoms may indicate an imbalance between the two sex hormones, progesterone and estrogen. Low progesterone levels occur during menopause and conditions like polycystic ovarian syndrome (PCOS), and can make getting pregnant difficult.

Some of progesterone's many functions in the body include: increasing metabolism and promoting weight loss, balancing blood sugar levels, normalizing blood clotting, enhancing the action of thyroid hormones, alleviating depression and reducing anxiety, promoting normal sleep patterns, preventing cyclical migraines, and improving libido.

Unlike synthetic progesterone, bio-identical progesterone has all the same properties as the progesterone naturally made in the body. In addition to the commercially available progesterone, compounded prescription progesterone cream is a great option as it is absorbed well through the skin and individualized dosing can be easily facilitated by varying the amount of cream applied.

If you think you are suffering from a hormonal imbalance, call our compounding experts at Kare Pharmacy at 434-792-8281. We are happy to schedule a complimentary consultation to discuss your symptoms and concerns.

- Alcohol-free, dye-free & preservative-free medications
- Discontinued medications
- Drug shortages
- Required strength not available
- Required dosage form not available
- Economic hardship
- Side effect intolerance
- Patients not responding to conventional drug therapy
- Medication flavoring



Customized Medications For Your Individual Needs

138 Arnett Blvd | Sherwood Shopping Center | Danville, VA 24540
Tel: 434.792.8281 | Fax: 434.792.3235
pharmacist@kare-rx.com | www.kare-rx.com