

At LifeCare Pharmacy our compounding specialists work together with patients and physicians to provide customized hormone replacement therapy for men that provide the needed hormones in the most appropriate strength and dosage form to meet each patient's specific needs. Symptoms of hormones in men may include: weakness, fatigue, reduced libido, and osteoporosis.

At LifeCare our compounding specialists can compound

- **Testosterone** (rapid disintegrating tablets, troche, oral capsule or transdermal cream)
- **Dehydroepiandrosterone** (rapid disintegrating tablets, troche, oral capsule or transdermal cream)

We compound each medication specifically for each patient's needed strength and dose for a more personalized approach to hormone replacement therapy.

Testosterone Cream

Ingredients: Testosterone

Description: Testosterone is natural bio-identical testosterone that has been approved by the United States Pharmacopoeia and is available as a bulk chemical. Upon a prescription order, compounding pharmacists can use Testosterone USP to prepare numerous dosage forms.

Natural Testosterone Replacement is Central to the Treatment of All Facets of Andropause. The term "testosterone" is often used generically when referring to numerous synthetic derivatives, as well as natural bio-identical testosterone. Confusion is responsible for conflicting data in the medical literature about the benefits and risks of testosterone therapy. Studies must be reviewed carefully to determine the form of testosterone that was used. Natural testosterone must not be confused with synthetic derivatives or "anabolic steroids," which when used by athletes and body builders have caused disastrous effects.

Administration of a transdermal testosterone gel formulation to hypogonadal men provided dose-proportional increases in serum testosterone levels to the normal adult male range. This research at UCLA concluded that testosterone gel replacement improved sexual function and mood, increased lean mass and muscle strength (principally in the legs), and decreased fat mass in hypogonadal men with little skin irritation.

Many studies suggest that testosterone treatment might improve depressed mood in older men who have low levels of bioavailable testosterone.

Reference:

J Clin Endocrinol Metab. 2000 Aug;85(8):2839-53

Transdermal testosterone gel improves sexual function, mood, muscle strength, and body composition parameters in hypogonadal men. Testosterone Gel Study Group.

Wang C, Swedloff RS, Iranmanesh A, Dobs A, Snyder PJ, Cunningham G, Matsumoto AM, Weber T, Berman N. Department of Medicine, Harbor-University of California-Los Angeles Medical Center

Age-associated testosterone decline in men: clinical issues for psychiatry.
Sternbach H.
Department of Psychiatry, UCLA-Neuropsychiatric Institute, Los Angeles, USA.

J Clin Endocrinol Metab 1999 Feb;84(2):573-7
Bioavailable testosterone and depressed mood in older men: the Rancho Bernardo Study.
Barrett-Connor E, Von Muhlen DG, Kritz-Silverstein D.
Department of Family and Preventive Medicine, School of Medicine, University of California, San Diego, La Jolla, CA 92093-0607

DHEA Capsules

Ingredients: Dehydroepiandrosterone (DHEA)

Description: Studies suggest that until the age of 60 years, the mean serum level of DHEA is lower in patients with erectile dysfunction (ED) than in healthy volunteers. So to help combat erectile dysfunction many patients take DHEA in capsule formulation.

Reference:

Urology 2000 May;55(5):755-8
Serum dehydroepiandrosterone sulfate concentrations in men with erectile dysfunction.
Reiter WJ, Pycha A, Schatzl G, Klingler HC, Mark I, Auterith A, Marberger M.
Department of Urology, University of Vienna, Vienna, Austria.

Sexy-Time Tablets

Ingredients: Sildenafil Sublingual

Description: Sublingual sildenafil is better used in the treatment of erectile dysfunction because of its faster onset of action with lower dose.

Forty consecutive patients with erectile dysfunction (mean age was 55 years) for more than three months were included in the study. Sixty-five percent of patients (13/20) who received sublingual sildenafil achieved satisfying erections and coitus, whereas the rate was 15% in the placebo group (3/20). The mean onset of action with sublingual sildenafil was 15.5 minutes and lasted for an average of 40 minutes. Minimal headaches, sweating and flushing were noted as the side-effects. The conclusion: "20 mg sublingual sildenafil is safe and effective in the treatment of erectile dysfunction. Sublingual administration has some advantages as it is not affected by food ingestion and quickly appears in the circulation. These advantages provide a faster onset of action with a lower dose when compared to oral sildenafil. Sublingual use of sildenafil may be more cost-effective and possibly provides a more predictable onset of action."

Reference:

Int J Urol. 2004 Nov;11(11):989-92

The International Journal of Pharmaceutical Compounding [March/April 2007;11(2):121] reported a formula for Sildenafil 20mg Troches with a recommended beyond-use date of 180 days.