



WINTER 2012

## An Introduction

At **Koshland Pharm: Custom Compounding Pharmacy**, we appreciate the opportunity to support your health and well-being through the filling of high-quality, customized prescription medications. Our intention for this newsletter is to provide further tools for healthy living. In each newsletter, we will feature:

- A Bay Area practitioner who will share a unique approach to health and healing
- Current health-related events and news
- Answers to questions frequently asked of our pharmacists
- Examples of compounded medications

This first newsletter focuses on one of our favorite topics here at Koshland Pharm: women's health. If you have any comments or suggestions for future newsletters, please write to us at **newsletter@koshlandpharm.com** or 301 Folsom St., Suite B, San Francisco, 94105, or give us a call at (415) 344-0600. Thank you in advance for your feedback!

All our best,



**Peter Koshland,**  
Pharm.D  
and the  
staff of  
Koshland  
Pharm

# Prescriptions for Health

A Newsletter from

**Koshland Pharm**  
Custom Compounding Pharmacy

## featured PRACTITIONER



*Dr. Amy Day is a naturopathic doctor who practices in San Francisco and leads wellness support groups for women online.*

body has an inner vital force that drives the body and the healing process, too. I believe in the team approach to health: a naturopathic doctor, a primary doctor, an acupuncturist, a chiropractor, a personal trainer, a nutritionist, a best friend you do potlucks with every week, an exercise partner – all of these people can be an important part of the village that helps you stay healthy and full of energy.

### **Successful Compounding Story**

I was working with a 43 year-old woman who was experiencing perimenopausal symptoms: hot flashes, anxiety, sleep disturbances, an

erratic cycle, and a general feeling of being unsettled. **A compounded bioidentical progesterone cream from Koshland Pharm**, given cyclically, stabilized her cycle and settled her in terms of anxiety and being able to get better sleep. She was in school, and had been feeling very frantic about everything; now she's excelling at school, she's found a new relationship that she feels ready for, she has great energy all day, and is able to sleep at night.

### **Current Inspirations**

What I love about being a naturopathic doctor is the blend of being a doctor, (Continued next page)

### **Practice Approach**

I take a holistic approach to health, meaning I prioritize being preventive and looking at the whole picture instead of breaking the body down into parts and pieces. Most women I work with feel frustrated because they've seen a doctor who has told them that nothing is wrong with them, when they know something's wrong, or tell them to take a drug or medication or have a surgery, and they know intuitively there must be a better way. I help them look at more natural options, identify underlying causes, and look at the big picture of how the puzzle pieces fit together. In naturopathic medicine, we have a strong belief in vitality - the fact that the



## Ask The Pharmacist

**How do I make sure that my hormone creams don't get transferred to my pet?**

If using a cream as a form of administration, it is important to take some steps to make sure the hormones are not passed to others through skin-to-skin contact. Here are a few tips when using bioidentical hormone creams:

- *Be mindful about the possibility of transferring your hormones to someone else. Once you know the risk, you're more likely to be careful. The greatest risk comes from prolonged exposure right after application, such as holding a baby with your bare arms, cuddling your cat, or allowing your dog to lick the cream off your skin. Usually, just knowing the risk is enough to prevent problems.*
- *Keep the part of your skin where you apply your hormones covered with clothing for at least two hours after application. This allows the hormones to absorb and reduces the risk of transference.*
- *If you normally apply your hormones to your forearms, try applying them to your upper outer arms or your thighs, where you're less likely to touch another person or animal.*
- *If it's too warm to stay covered, or your life requires frequent exposure to children or animals (such as a day care provider or veterinary technician), you may want to switch to another delivery method for your hormones, such as a patch or sublingual troches.*

**please join us**

*in the new year for an evening wine and cheese open house at Koshland Pharm!*

## An Evening by the Bay at Your Local PCAB Accredited Compounding Pharmacy

Koshland Pharm  
301 Folsom Street, Suite B, San Francisco

**Thursday, January 26th**

See first-hand the steps we take to ensure quality and why we are the one San Francisco pharmacy accredited by the Pharmacy Compounding Accreditation Board (PCAB)

Look out for an e-mail invitation in early January

**Not on our mailing list?**

**Sign up at [koshlandpharm.com](http://koshlandpharm.com).**



*(Continued from prior page)* a detective, and a coach. It's one thing to have someone tell you, 'Here's what you should do,' and then it's another thing to really integrate that into your life, and actually make that change happen. To address this need, I have started an online wellness coaching program, specifically for busy professional moms. The focus is to help women have the energy they need to effectively balance their career, family and health, and to help them go from feeling totally overwhelmed, to actually loving their life again. The topics of nutrition, fitness,

sleep, stress management, and hormone balance are blended into a simple, step-by-step format. By providing an online community, I find that participants benefit more than they would by working with me one-on-one, because of the connections and support they get from each other. I ran two groups last year, and the changes in the lives of these women have been dramatic.

**Dr. Day's next online wellness group, Replenish, begins in February 2012. To find out more and get a jumpstart on increasing your energy, visit:**

**[www.koshlandpharm.com/amyday](http://www.koshlandpharm.com/amyday)**

### **Did you know that Koshland Pharm can make customized prescriptions for animals when you actually DO want your pet to get a medication?**

For example, we can we can put pet medications into:

- *flavored oral suspensions or chew treats*
- *transdermal gels*
- *tiny capsules*
- *suppositories*

Visit [www.koshlandpharm.com/pets](http://www.koshlandpharm.com/pets) to find out more, including tips for giving medications to dogs and cats.



# current health-related NEWS AND EVENTS

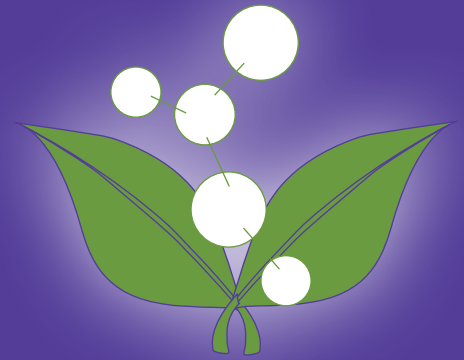
**Koshland Pharm** was pleased to host the Bioidentical Hormone Replacement Therapy Best Practices Summit on Saturday, November 12th at California Pacific Medical Center in San Francisco, which featured Dr. Ricki Pollycove and Peter Koshland. Bay Area naturopathic doctors, medical doctors, pharmacists, and members of the general public learned and discussed evidence-based approaches to bioidentical hormone replacement therapy.



## some highlights from the BHRT summit presentations

- From an evolutionary standpoint, women have never lived as long as they live now (i.e. the average life expectancy for women in the U.S. in 1900 was 49; now it's 84).
- The Women's Health Initiative (WHI), which created a media frenzy around the use of hormone therapy for women, only looked at the administration of Premarin (oral estrogens from pregnant mares' urine) and Provera (synthetic progestin medroxyprogesterone). The average age of the participants in the WHI was 63, an older age than a typical woman at the start of menopause.
- The negative effects of the drugs from the WHI, such as increased risk of a cardiovascular event and increased risk of breast cancer, have not been seen in other trials that have looked at bioidentical hormones such as estradiol and progesterone.
- Starting women on estrogen therapy early in menopause (approximate age of 45) helps prevent the loss of muscle elasticity, prevent declines in cardiovascular function, and prevent declines in cognitive function.
- Transdermal estrogen has a more favorable safety profile than oral estrogens.
- Two studies of bioidentical hormones currently underway are the "KEEPS Cognitive and Affective Study" and the "ELITE: Early Versus Late Intervention Trial With Estradiol." You can look out for results at [www.clinicaltrials.gov](http://www.clinicaltrials.gov).

**To read publications by Dr. Pollycove, visit [www.koshlandpharm.com/pollycove](http://www.koshlandpharm.com/pollycove).**

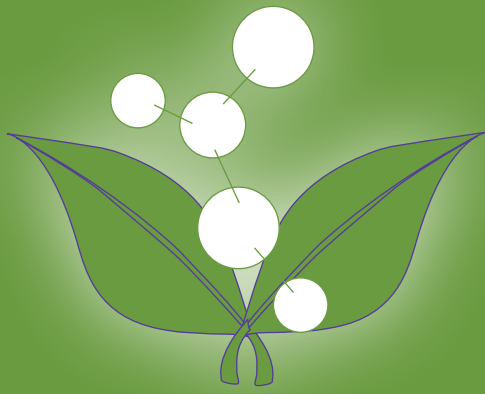


## What is Naturopathic Medicine?

Naturopathic medicine is a distinct approach to health care which can accompany conventional medicine or stand alone. Naturopathic doctors are general practitioners who have attended four-years of medical school and passed a national board exam for naturopathic medicine. They follow the following six principles when treating patients:

- *Do no harm*
- *Trust in the healing power of nature*
- *Find the cause*
- *Treat the whole person*
- *Practice preventive medicine*
- *Be a teacher who educates patients about health and wellness*

For more information about naturopathic medicine, you can visit the website of the California Naturopathic Doctor's Association (CNDA), [www.calnd.org/naturopathic-medicine-the-basics](http://www.calnd.org/naturopathic-medicine-the-basics)



# Koshland Pharm

Custom Compounding Pharmacy

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*Koshland Pharm makes prescription medications tailored to a patient's specific needs. For example, sometimes a person could benefit from a pain medication in a cream rather than capsule form. To address this kind of specialized need, Koshland Pharm makes high-quality, customized prescriptions and works closely with both patients and their doctors to ensure optimal treatment.*



## Did you KNOW...

that Koshland Pharm's website about hormone therapy has information like this checklist for healthy living, including a comprehensive checklist for hormone imbalance?

Check it out at:

[www.koshlandpharm.com/bhrt](http://www.koshlandpharm.com/bhrt)



## your checklist for HEALTHY LIVING

**Being healthy doesn't happen by accident. There are many things you can do to feel great and prevent disease. Here are some proven ways to optimize your health.**

- Nutrition**
  - Protein (15-25 grams 3 times a day)
  - Whole Grains: Replace breads and pasta from refined flour with products containing whole grains
  - Fiber (25-35 grams a day) such as fruits, vegetables, beans, brown rice, whole wheat bread and pasta
  - Cruciferous Vegetables (3 servings a week) like broccoli, cauliflower, and kale
  - Antioxidants (5 servings a day) like blueberries, cranberries, red grapes, walnuts, spinach, carrots, potatoes, and green tea
  - Limit caffeine intake (no more than 2 servings a day)
  - Limit intake of refined sugar (no more than 40 grams a day)
- Exercise**
  - Cardiovascular (3 times a week)
  - Get your heart rate up (to find your target heart rate use this formula:  $220 - [\text{your age}] \times 0.8$ )
- Relaxation**
  - Yoga, meditation, or other relaxation technique (10-15 minutes a day)
- Sleep**
  - Sleep (7-8 hours a night)
- Vitamins**
  - Good Multivitamin (daily)
  - Omega-3 Fatty Acid (200 mg DHA per day)
  - Vitamin D (1000 units per day)
  - Probiotic (2 billion CFU per day)

As a reminder, always consult your doctor for medical advice and treatment before starting any program.