

Health & Hormones Issue

the latest from **koshland pharm**

Ensure the Continued Access to Compounded Medications

Legislation related to compounded medications is currently being debated in the U.S. Congress. The language of a current Senate bill could restrict the availability of compounded medications without resolving the underlying issue of patient safety. If a customized medication has helped you or someone you know, please take a moment to read about this legislation and make your voice heard on the issue:

koshlandpharm.com/legislation



Two New Staff Members

Our mission at Koshland Pharm is to dispense high-quality, customized prescriptions in a timely manner and to build relationships with both patients and their physicians; we have hired two new staff members to accomplish that goal. Koshland Pharm was pleased to welcome, Lab Assistant **Daniel Rios** and Marketing & Outreach Coordinator **Lindsey Bourcier** to our team this spring.

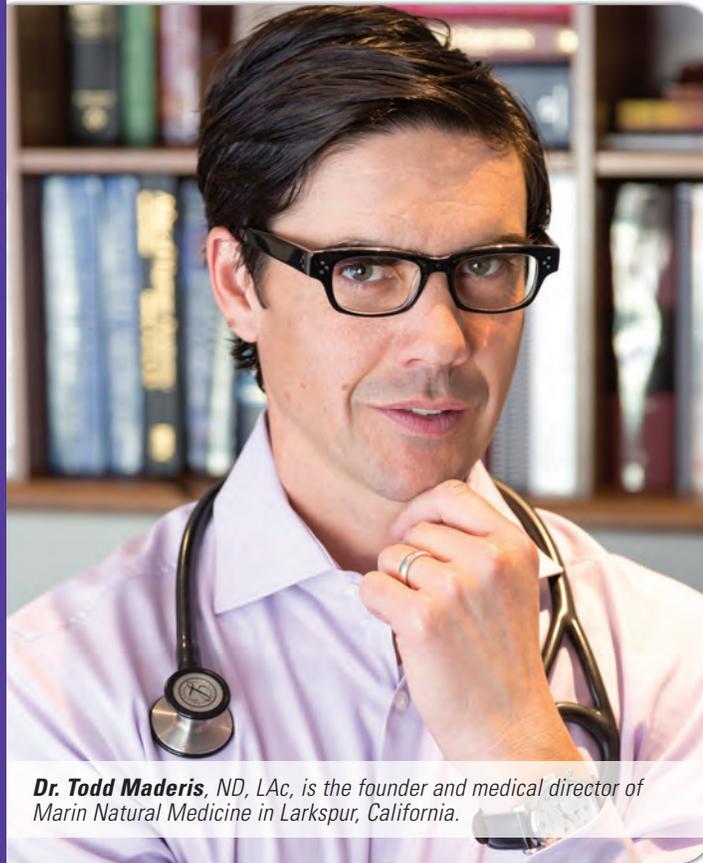
Prescriptions for Health

A Newsletter from

Koshland Pharm
Custom Compounding Pharmacy

featured **PRACTITIONER**

Each issue of Prescriptions for Health features a Bay Area practitioner with a unique approach to health and healing.



Dr. Todd Maderis, ND, LAc, is the founder and medical director of Marin Natural Medicine in Larkspur, California.

I often talk with patients about correcting menopausal symptoms such as insomnia with hormonal balancing. The goal is to mimic nature in how we administer hormones. When we get patients back to their normal physiological range of hormone production, they often feel better and move through the world with greater ease. Ultimately, if we can identify and treat the root cause of their symptoms, the results are more sustainable over time.

Compounding Success Story

There was a woman who had open heart surgery a few years before coming to see me, and she had been feeling very fatigued ever since. She had a low-grade depression, and wasn't doing the activities she liked to do, such as playing the piano or reading. It took everything she had to get up and out of the house each day. Because she was clinically presenting with low estrogen and *(continued next page)*

Practice Approach

In my practice, I'm keen on communicating two concepts with my patients. The first is education. If patients are aware of the reasons behind their condition, they have a better chance of getting better.

The second concept, and the premise of my practice, is getting to the root cause of a patient's symptoms. Sleep is a great example of this. If a patient comes in complaining of insomnia, she might say, "I'm taking all of these wonderful supplements like melatonin and kava, and I'm still not sleeping." In response, I might say, "Melatonin and kava are nice, and I like them...but let's figure out what's going on with you. What has changed in your life that might cause the insomnia?" We look at age, and the way hormones might have shifted, to see if there is a connection. The patient may not necessarily have a melatonin deficiency; she may have a hormonal imbalance.

naturopathic MEDICINE

Naturopathic doctors (NDs):

- Are primary care physicians
- Are trained in the U.S. at one of five accredited, four-year, post-graduate naturopathic medical schools
- Are licensed after passing a national board exam for naturopathic medicine that includes the testing of conventional medical knowledge
- Are sometimes licensed in additional specialties such as acupuncture, Chinese medicine and/or midwifery

Dr. Maderis explains some of the different therapies often used in naturopathic medicine:

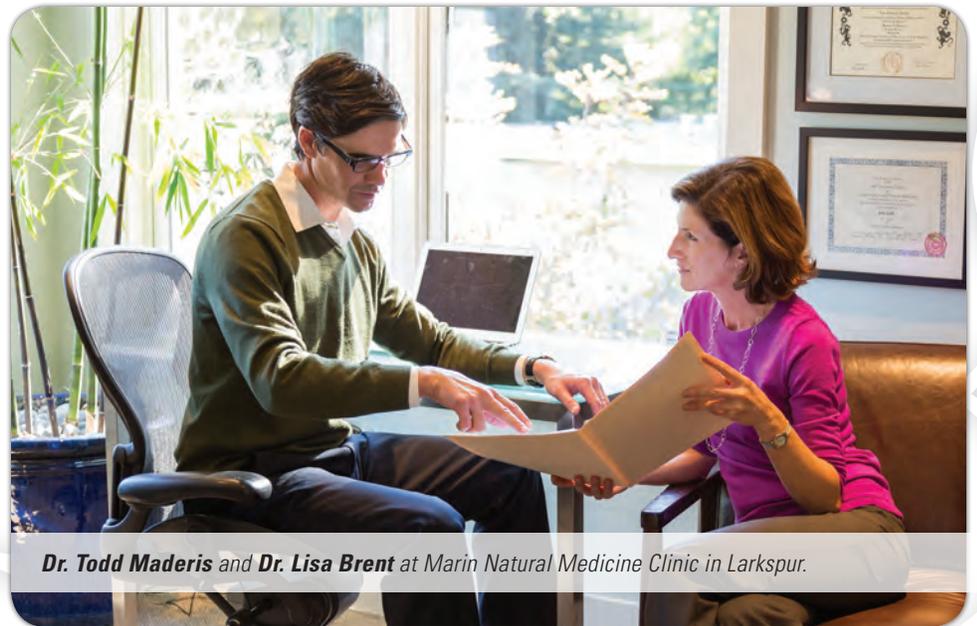
- Hormone replacement therapy to address hormonal imbalances
- Vitamin-mineral IV therapies to support the immune system and boost energy
- Acupuncture, which can be effective for conditions such as pain, infertility and mood disorders
- Chelation, which is the removal of toxins from the body



Compounding helps individualize treatment.

featured PRACTITIONER

(continued)



Dr. Todd Maderis and Dr. Lisa Brent at Marin Natural Medicine Clinic in Larkspur.

progesterone, I prescribed a **topical bi-est (80%estriol/20%estradiol) cream and progesterone capsules from Koshland Pharm.** Two or three months into her prescription, she felt a bit better. I had her do a follow-up urine test, and it turned out that her testosterone was also very low. Once testosterone was added to her prescription, she went from feeling 70 percent better to feeling 100 percent better. She started playing the piano and reading again; she got her life back.

Current Inspirations

It is the stories of patients improving the quality of their lives that keeps me inspired. I am also inspired by learning from experts in different fields, and then bringing that knowledge back to my patients in Marin County.

For example, last year I did a physician training with Ray Stricker, M.D. and the International Lyme and Associated Disease Society. I became interested in Lyme because there was always a subset of patients I treated with

symptoms of chronic fatigue syndrome who did not respond to typical therapies.

I find that the American health care system is being burdened today not by acute illnesses but by chronic, debilitating conditions such as chronic fatigue, chronic pain and depression. Oftentimes, people are put on multiple drugs to address their different symptoms, but the cause is never approached.

Most patients with chronic conditions didn't get sick overnight, and they are definitely not going to get better in one day. It's a process. I recall a saying I heard from a mentor of mine: "In the same way we do not light a room by removing darkness, we do not achieve health by removing disease." If I can help at least one patient every day to move further away from disease, and closer to good health, then I'm doing my job. That's my passion.

For more information about Dr. Maderis and Marin Natural Medicine Clinic, see:

koshlandpharm.com/maderis

the triad BUILDING RELATIONSHIPS BETWEEN PATIENTS, PHYSICIANS AND PHARMACISTS

At Koshland Pharm, part of our mission is to build relationships with both patients and their doctors. Because we make customized medications, communication between the patient, physician and pharmacist is essential in making sure the medication being given is in the most appropriate and effective dosage form and strength. This relationship can be thought of as the three connected points on a triangle. **Dr. Maderis** explains why this kind of relationship is beneficial to his patients:

"I think it's important to let my patients know who is making their medicine. Historically, the pharmacist was part of the doctor-patient relationship throughout the healing process. I want patients to know that the pharmacist will become an integral part of their health care team. I give my patients an informational card from Koshland Pharm and show them a picture of Peter. I want them to know that they can rely on Koshland Pharm, and their staff of pharmacists, as a resource."

current HORMONE NEWS

Highlights From Hormone Presentation in Atherton, July 18th, 2013

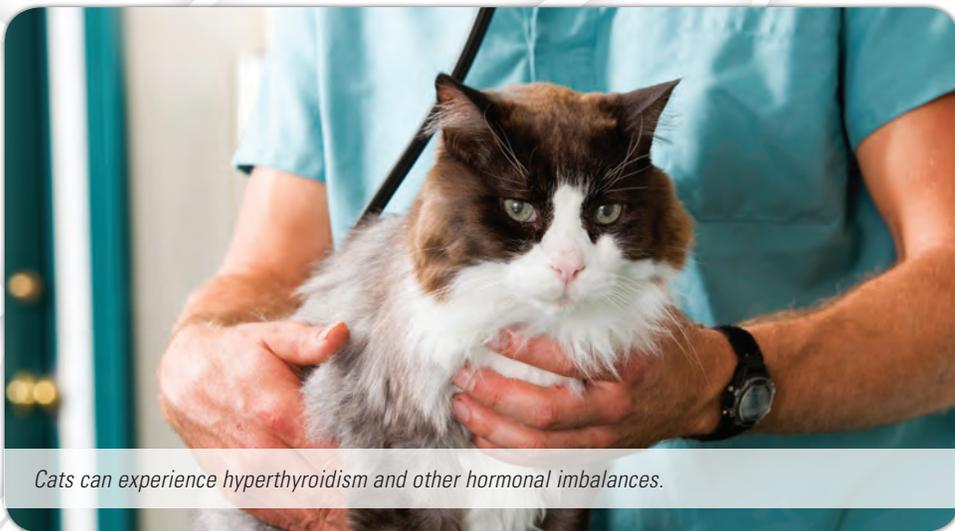
- **Peter Koshland**, PharmD and **Patricia Baldwin**, NP of Natural Health Style teamed up to present *Hormones: Can't Live With Them, Can't Live Without Them*.
- The average woman will live 30 years beyond her menopause.
- The 2001 preliminary results from the Women's Health Initiative (WHI), and the media storm that ensued, created fear and confusion about the appropriateness of hormone replacement therapy for women before, during, and after menopause.
- A closer look at the WHI and other clinical trials shows that hormone replacement therapy, when administered appropriately for each individual patient, can be essential to healthy aging for women.
- Because of demand, a future presentation on the topic will take place in San Francisco – for updates, follow our facebook page: [facebook.com/koshlandpharm](https://www.facebook.com/koshlandpharm)

Transference: Keep Your Hormones to Yourself

A reminder when applying hormones creams: It is important to be aware that the hormone can transfer to other people, and even pets. Transference can occur when there is prolonged, skin-to-skin contact with the area where the cream was applied. Most commonly, this happens when holding a child or a pet, or even when resting a bare arm on a partner's skin while sleeping. Aside from avoiding skin-to-skin contact, the best way to prevent transference is to keep the part of skin where the hormone was applied covered with clothing for at least 2 hours after application.

For more thorough information on minimizing transference, see:

www.koshlandpharm.com/transference.



Cats can experience hyperthyroidism and other hormonal imbalances.

Cats Need Hormone Help, Too

Did you know that a common problem for cats is related to hormones, not by transference, but by the overproduction of a specific hormone in their own bodies? Many older cats have hyperthyroidism, which occurs when excessive amounts of the thyroid hormone are produced. A common treatment is methimazole, which often needs to be given once or twice a day for the rest of a cat's life. This medication is often more easily applied as a transdermal gel rather than a capsule. A compounding pharmacy such as Koshland Pharm can customize dosage strengths of methimazole gel for individual cats.

Koshland Pharm Introduces New Gel For Animal Ear Infections

In addition to a gel that treats hyperthyroidism, Koshland Pharm has a **new, unique gel that treats common ear infections in cats and dogs**. This gel, which includes specific antibiotic and anti-inflammatory medications, is applied as a liquid and then solidifies into a gel after application inside the ear canal, allowing for effective treatment, often in a single dose.

ask the PHARMACIST



What is the relationship between hormones and migraines?

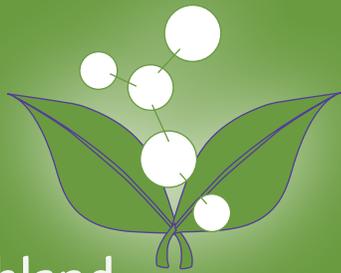
When a woman gets migraines at a specific time in her cycle, a hormonal imbalance may be responsible. Excessive estrogen relative to progesterone as well as fluctuating estrogen levels can trigger migraine headaches. In these cases, progesterone is often used as a treatment due to its synergistic effects with estrogen as well as its ability to stabilize blood vessels.

Progesterone can be administered as:

- Capsules
- Creams
- Suppositories

Compounded progesterone is a prescription drug and must be ordered by a licensed prescriber. We are happy to work with your practitioner to help formulate the appropriate medication to meet your specific needs.

To speak with a pharmacist about a customized formulation to treat migraines, or about another condition that is not responding well to a conventional treatment, call us at (415) 344-0600.



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 patient could benefit from estrogen therapy in a cream rather than tablet form. To address this kind of specialized need, Koshland Pharm makes high-quality, customized prescriptions and works closely with both patients and their physicians to ensure optimal treatment.

did you KNOW...

...Koshland Pharm recently received renewal of its accreditation status from the Pharmacy Compounding Accreditation Board (PCAB) and is the only PCAB accredited compounding pharmacy in San Francisco.

koshlandpharm.com/news



Save the Date – It's a Party!
Saturday, October 26th, 2013

Come see our expanded and remodeled pharmacy and help us celebrate our four year anniversary. We hope you can join us!

Follow our facebook page for updates:
facebook.com/koshlandpharm

hormones commonly prescribed during menopause AN OVERVIEW

A recommended hormone is one that has the exact same molecular structure as the one the body produces. Three commonly prescribed hormones are:

- Estrogen – The most common estrogens used in hormone replacement therapy are estradiol (E2) and estriol (E3). Estradiol is the primary estrogen in the body and is often prescribed when a woman is experiencing hot flashes and brain fog. It is also often prescribed to prevent some of the long-term consequences of menopause such as osteoporosis. Estriol is considered the "weak" estrogen because it has little effect throughout much of the body, but it has been shown to be useful when a woman is experiencing specific symptoms like vaginal dryness and urinary frequency.
- Progestin – There is only one progestin that the body makes and that is progesterone. Dr. Maderis, the featured practitioner in this issue of *Prescriptions for Health*, calls progesterone the "zen hormone" because it can help reduce anxiety, irritability and agitation. Progesterone also has a synergistic effect with estrogen, and it must be taken to protect the uterus when a woman is on estrogen therapy.
- Testosterone – Although this hormone is often thought of as just for men, women can benefit from it, too. Testosterone is commonly prescribed when a woman is experiencing fatigue, low libido and brain fog.

For more information about hormone replacement, see:

www.koshlandpharm.com/hrt