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Thank you for entrusting in the compounding services at Madison Medical Compounding Pharmacy to help meet the unique medication needs of your patients. We are excited to share our monthly newsletter with you and look forward to working with you. Please don't hesitate to let us know how we can assist you and your practice.

LeAnn Chambers, Pharm.D. and Matthew Chambers, Pharm.D.

Men's Health - Customized Therapy for Hormone Replacement and Erectile Dysfunction

In most men, serum testosterone concentrations decline steadily with age. Studies report that the total serum testosterone concentration of men at age 75 years is about two thirds of the levels at age 25 years. Approximately 50% of men older than 80 years and about 20% of men older than 60 years have low serum testosterone concentrations. However, some men may go through a rather sudden change in testosterone levels. Signs and symptoms may include:

- weakness
- fatigue
- osteoporosis
- heart disease
- atherosclerosis
- irritability
- depression, anxiety
- metabolic syndrome
- slow wound healing
- reduced libido
- erectile dysfunction
- prostate problems
- low sperm counts
- reduced muscle mass
- disturbed sleep; insomnia
- impaired blood cell formation
- reduced cognitive function

The diagnosis of low testosterone levels (hypogonadism) is based on the presence of signs or symptoms and must be confirmed by laboratory testing, which should include Total Testosterone, Bioavailable Testosterone (Free plus Albumin Bound), Estradiol, Cholesterol, Prostate Specific Antigen (PSA), Complete Blood Count

(CBC), Hemoglobin, and Hematocrit. A consensus statement by the International Society of Andrology, International Society for the Study of Aging Male, European Association of Urology, European Academy of Andrology, and American Society of Andrology, concluded that men with a serum concentration above 350 ng/dL generally do not require therapy. In contrast, men with serum testosterone concentrations below 230 ng/dL will usually benefit from testosterone replacement therapy (TRT).



An optimal plasma testosterone level is associated with reduced all-cause mortality in older men. When hormones are replaced or restored to physiologic levels considered normal for younger males, men may experience a dramatic reversal of many signs and symptoms. Proper monitoring of laboratory values and clinical response are essential for optimal testosterone replacement therapy.

Testosterone Replacement Therapy for men with low testosterone levels may produce a wide range of benefits including:

- improvement in libido and sexual function
- increased muscle mass and body composition
- increased strength and stature
- preservation of bone mass
- improvement in mood and depression
- enhanced cognition, concentration, and memory
- improvement in sleep and quality of life
- reduced risk of developing type 2 diabetes mellitus and metabolic syndrome
- possible decrease in cardiovascular risk

The following need to be considered in men receiving Testosterone Replacement Therapy:

- the role of estrogen/androgen imbalance in the development of benign prostatic hypertrophy (BPH).
- the use of 5-alpha reductase inhibitors and aromatase inhibitors to modify the level of metabolites such as DHT and estradiol that are produced when testosterone is broken down by the body.
- DHEA (dehydroepiandrosterone) and its role as an “anti-aging” supplement and in the treatment of symptoms of low testosterone.

Erectile Dysfunction

Our compounding pharmacist works closely with physicians and patients seeking to improve their quality of life, especially those who have not responded to traditional options. We customize hormones and other medications to treat each individual's symptoms while considering his lifestyle and medical history.

Ask our pharmacist about compounded transdermal creams, troches, nasal sprays, sublingual drops, and capsules, as well as customized strengths of medications such as:

- Testosterone
 - Anastrozole
 - Arginine
 - Oxytocin
 - Sildenafil
 - Tadalafil
-

Advantages of Rapid Dissolving Tablets

Rapid Dissolve Tablets (RDTs), also known as Fast Dissolving Tablets (FDTs), are small solid dosage forms that disintegrate or dissolve rapidly in the mouth without water or chewing. RDTs are helpful in cases of persistent nausea, sudden episodes of allergic attacks, when local action is desirable for oral ulcers or cold sores, and for those who cannot swallow tablets or capsules.

RDTs disintegrate instantaneously when placed on the tongue, releasing the drug that disperses in the saliva. RDTs avoid the risk of choking when swallowing large tablets or capsules, thus providing improved safety. RDTs can be considered for patients who cannot swallow, such as the elderly, stroke victims, and bedridden patients; patients who refuse to swallow, such as pediatric, geriatric, and psychiatric patients; and patients who are extremely fluid restricted, such as patients with renal failure. RDTs are also convenient for travelers and active people who may not have access to water. The “good mouth feel” of RDTs helps to change the perception of medications, particularly in pediatric patients.

[J Adv Pharm Technol Res. 2011 Oct-Dec; 2\(4\):223–235.](#)

We work together with patients and their healthcare providers to compound RDTs containing active ingredients such as:

- Sildenafil
- Arginine/Papaverine
- DHEA



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