



MIDTOWN

Express Pharmacy

300 20th Avenue N., Ste. 105, Nashville, TN 37203
Ph: 615-320-8410 Fax: 615-284-3573

Fast, Friendly, and Focused On You

An Independent Research Project on *Bioidentical Hormone Therapy* to be conducted by Midtown Express Pharmacy of Nashville, TN.

Over the past decade the use of hormones for menopausal women and andropausal men has been challenging. Though bioidentical hormones have been around for years, most practitioners are unfamiliar with them. There are several branded versions now available for use in the kind of hormone replacement therapy (HRT) typical of synthetic hormones. This is generally a one-size-fits-all dosage. Custom compounded bioidentical hormone replacement therapy (BHRT) is an option to conventional management of menopausal symptoms such as hot flashes, mood swings, night sweats, low libido and weight gain.

Pharmacist Henry Dunklau, PharmD will be investigating the efficacy of a combination of bioidentical hormones in relieving symptoms in both men and women.

Healthy women and men in any age range with moderate to severe hormonal symptoms can qualify to participate in this clinical research. Patients must be new to BHRT or have been off previous therapy for at least 3 months.

The 3 Month Research Project will include at NO COST TO THE PATIENT:

- **Initial Consultation:** Our detailed patient questionnaire and interview allow us to provide a detailed assessment of life concerns, symptoms, lifestyle and wellness. Current medical study results and different approaches to treatment are explained. The advantages, disadvantages, dosing and effectiveness of various therapies are identified and assessed. Patient lifestyle and personal preferences are considered to develop the best program for each patient's needs. Recommendations are made to you on the patient's behalf, allowing the pharmacist, physician and patient to work together to provide optimal patient satisfaction and care.
- **3 months of Bioidentical Hormone Therapy prescription medication.**
- **4 follow-up consultations:** Done by the Internet and phone consults are available at any time.

Out of Pocket Expenses: Out of pocket expenses may be incurred when having your appointment with your physician, to obtain the prescription, and depends on your insurance coverage or lack thereof.

Optional Out of Pocket Expenses: You may wish to purchase supplements recommended by your doctor or pharmacist. Also saliva hormone testing is available for \$30 per hormone.

Midtown Express Pharmacy maintains the confidentiality of trial participants including their personal identity and all personal medical information.

Participants are currently being recruited and enrolled in the project. If you feel that your patients may benefit from this study, give them a copy of this information sheet or direct them to enroll directly at <https://www.personalhormones.com/Providers-Page.asp?Provider=MIDTEXTN> by creating a login and filling out the questionnaire.