

At LifeCare Pharmacy we understand that women have different needs at different stages of their lives. Maintaining a healthy and balanced lifestyle can be a difficult struggle. The chronic stress of overly busy lives affects hormone systems which in turn, affects quality of life. From Bio-Identical Hormone Replacement for menopausal symptoms, to Scream Cream for a more enjoyable sexual experience, or nipple ointment for nursing mothers, we are able to tailor medications for each woman at each phase of her life. Our pharmacists are available to help whether you need a custom compounded medication or a one on one consultation.

Scream Cream

Ingredients: Aminophylline 15-mg, Ergoloid mesylate 0.25-mg, Pentoxifylline 25-mg and L-Arginine 30-mg

Scream Cream contains a combination of prescription and non-prescription components described as blood flow enhancers and vasodilators. Each ½ gram dose contains Aminophylline 15-mg, Ergoloid mesylate 0.25-mg, Pentoxifylline 25-mg and L-Arginine 30-mg. Dissolved in a water based hypoallergenic transdermal vehicle. The vehicle is designed to enhance the rate of absorption and to cause the medication to be retained locally in order to maximize local effects and metabolism while minimizing the potential for systemic side effects

Description: Studies have reported that over 43% of the women in America experience little or no sexual satisfaction from clitoral orgasm and only 25% achieve orgasm with intercourse. In fact, according to studies, numerous women between the ages of 18 and 80 do not even know what an orgasm is or how it is achieved. Whether someone is multi-orgasmic or among the 43% of women who are sexually frustrated, any woman who desires maximum sexual fulfillment, greater intimacy, and enhanced relationships stands to benefit from regular use of Scream Cream.

Scream Cream should be applied directly to the clitoris at least 30 minutes prior to anticipated sexual relations and gently massaged in. Duration of effect ranges from 30 minutes to 2 hours and heightens both ease of stimulation and intensity of orgasm.

Contraindications: Patients with a history of sensitivity to any of the listed ingredients should not use this product. Patients with a history of genital herpes should use this product with caution as L-Arginine may facilitate reproduction of the herpes virus. Scream Cream is available without L-Arginine upon request. Onset is identical to the complete product but duration may be reduced.

References:

Dr. J. Kaminetsky, New York Univ. College of Medicine; Univ. of Chicago College of Medicine; JBer man, M.D., I. Goldstein, M.D., Boston Univ. School of Medicine, Dept. of Urology/Continence.

Boric Acid Vaginal Pessary

Ingredients: Boric Acid 600mg

Description: Approximately 5% of women suffer from recurrent or chronic yeast infections. These infections may be more common after a round of antibiotics, because this type of therapy may disturb the normal balance of vaginal flora, allowing an overgrowth of yeast. Some women may be slightly more prone to yeast infections while taking oral contraceptives, due to the high levels of estrogen present in the system. Boric acid acts as a topical bacteriostatic, and fungistatic agent that penetrates the fungal cell walls and disrupts the cells' membranes. It is useful in treating chronic recurrent vulvovaginal candidiasis (VVC) involving resistant strains such as *Candida glabrata*, where treatment by oral fluconazole is not effective. With the absence of any commercial boric acid vaginal products, we compound boric acid treatments in suppositories. A study done at New York Hospital-Cornell University Medical Center reported the "ineffectiveness of conventional antifungal agents appeared to be the main reason for chronic mycotic infections. In contrast, boric acid was effective in curing 98% of the patients who had previously failed to respond to the most commonly used antifungal agents and was clearly indicated as the treatment of choice for prophylaxis."

Reference:

Infect Dis Obstet Gynecol. 1998; 6(4): 191–194.

Boric acid vaginal suppositories: a brief review.

S M Prutting and J D Cervený

J Obstet Gynaecol Can. 2008 Jan;30(1):55-8

Refractory *Trichomonas vaginalis* infections successfully treated with vaginal acidification.

J Infect. 2007 Oct;55(4):374-7

Prolonged (3-month) mycological cure rate after boric acid suppositories in diabetic women with vulvovaginal candidiasis.

Diabetes Care. 2007 Feb;30(2):312-7

Prevalence of *Candida glabrata* and its response to boric acid vaginal suppositories in comparison with oral fluconazole in patients with diabetes and vulvovaginal candidiasis.

J Reprod Med. 1991 Aug;36(8):593-597

Antifungal agents vs. boric acid for treating chronic mycotic vulvovaginitis.

Am J Ob Gyn. 1981 Sep 15;141(2):145-148

Treatment of vulvovaginal candidiasis with boric acid powder.

Clin Infect Dis. 1997 Apr;24(4): 649-652

Treatment of *Torulopsis glabrata* vaginitis: retrospective review of boric acid therapy.

Am J Ob Gyn. 1995 Sep;173(3 Pt 1):820-823

Chronic fungal vaginitis: the value of cultures.

LifeCare Compounding Pharmacy ABN: 70616837846

8/1-3 Universal Way, Cranbourne West, Vic 3977

t 03-8900 4989 f 03-8900 4956

e info@lifecarecompounding.com.au w lifecarecompounding.com.au



Bio-Identical Hormone Replacement

At LifeCare, our compounding specialists work together with patients and prescribers to provide customized hormone replacement therapy for women that provide the needed hormones in the most appropriate strength and dosage form to meet each patient's specific needs. Hormone replacement therapy in women is an approved therapy for relief from moderate to severe hot flashes and symptoms of vulvar and vaginal atrophy. Numerous studies have confirmed that estrogen replacement decreases the risk of colon cancer, estrogen and progesterone decrease fracture risk, and various hormones increase energy levels and enhance libido.

At Lifecre Pharmacy our compounding specialists can compound:

- **Estrogen** (oral rapid disintegrating tablets, troche, capsules or transdermal cream)
- **Progesterone** (oral rapid disintegrating tablets, troche, capsules or transdermal cream)
- **Testosterone** (oral oral rapid disintegrating tablets, troche, capsules or transdermal cream capsule or transdermal cream)
- **Dehydroepiandrosterone DHEA** (oral capsule, troche, rapid disintegrating tablets 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.

Vulvodynia Relief Cream

Ingredients: Gabapentin 2% or 6% cream

Description: Vulvodynia (defined as chronic, unexplained vulvar pain or discomfort, characterized by burning, stinging, irritation, or rawness) is experienced by nearly 14 million U.S. women at some point in their lives. Gabapentin appears to be very effective in the treatment of unprovoked generalized vulvodynia, and has a very low side effect profile. To evaluate the clinical efficacy and tolerability of topical gabapentin in the treatment of women with vulvodynia, between January 2001 and December 2006, fifty-one women with vulvodynia were treated with 2% to 6% gabapentin prepared by local compounding pharmacists. Patients were instructed to apply a small amount of cream (approximately 0.5 mL, equivalent to the size of a pea) three times daily. After a minimum of 8 weeks of therapy, the mean pain score among the 35 evaluable women was significantly reduced. Sexual function improved. Common adverse effects of oral gabapentin, including dizziness, somnolence, and peripheral edema, were not reported by any of the 50 patients studied. The conclusion: "Topical gabapentin seems to be well-tolerated and associated with significant pain relief in women with vulvodynia."

Reference:

Journal of Lower Genital Tract Disease 2005;9(1):40-51
The Vulvodynia Guideline.

J Reprod Med 2007 Feb;52(2):103-6

Evaluation of gabapentin in the treatment of generalized vulvodynia, unprovoked.

Obstet Gynecol. 2008 Sep;112(3):579-85

Topical gabapentin in the treatment of localized and generalized vulvodynia.

Anti-Aging Facial Cream

Ingredients: Niacinamide 5% (vitamin B3)

Description: Topical niacinamide 5% reduces yellowing, wrinkling, red blotchiness, and hyperpigmented spots in aging facial skin.

Reference:

Int J Cosmet Sci. 2004 Oct;26(5):231-8.

Topical niacinamide reduces yellowing, wrinkling, red blotchiness, and hyperpigmented spots in aging facial skin.

Beautiful Youth Skin Cream

Ingredients: Estradiol 0.01% cream

Description: Topical application of estradiol 0.01% markedly improved elasticity and firmness of the skin, substantially decreased pore sizes, increased skin moisture, and decreased wrinkle depth.

Reference:

Eur J Obstet Gynecol Reprod Biol. 2007 Feb;130(2):202-5.

Effects of topical estradiol on the facial skin collagen of postmenopausal women under oral hormone therapy: a pilot study.

Int J Dermatol. 1996 Sep;35(9):669-74.

Treatment of skin aging with topical estrogens.

Women's Firming Cream

Ingredients: Progesterone 2%

Description: Topical 2% progesterone increases elasticity and firmness in the skin of peri- and postmenopausal women.

Reference:

Br J Dermatol. 2005 Sep;153(3):626-34.

Effects and side-effects of 2% progesterone cream on the skin of peri- and postmenopausal women: results from a double-blind, vehicle-controlled, randomized study.

Anti-Wrinkle Cream

Ingredients: CoEnzyme Q10 (CoQ10) 0.3%

Description: Coenzyme Q10 is an important antioxidant that is taken to strengthen immune and cardiac function. The processes of aging and photoaging of the skin (due to sunlight) are associated with an increase in cellular oxidation, which may occur as the body's own levels of CoQ10 decline. A reduction in wrinkle depth was shown following topical application of CoQ10 0.3%, and results indicated that CoQ10 has the efficacy to prevent many of the detrimental effects of photoaging. Wrinkles around the region of the eyes ("crow's feet") may be reduced by long-term application of CoQ10.

Reference:

Z Gerontol Geriatr 1999 Apr;32(2):83-8

Modulation of oxidative stresses in human aging skin

Biofactors 1999;9(2-4):371-8

Coenzyme Q10, a cutaneous antioxidant and energizer.