

# Starting Compounded Dosages for BHT

## ESTROGEN

- › Biest (80% E3, 20% E2): transdermal, 2.5-5 mg/g cream or gel daily (safest)
  - › Biest (80% E3, 20% E2): sublingual, 1.25-2.5-mg troche daily (alternative)
  - › Biest (80% E3, 20% E2): orally 1.25-2.5-mg capsule daily (least desirable)
- Doses may be divided into morning and evening to control day and night symptoms.
- A dose of 5 mg to 7.5 mg in capsule or troche form is acceptable, but the goal is to maintain the lowest effective dose.
- Some women do better with a slightly higher estradiol (E2) % component.
- Transdermal route avoids first-pass effects on liver.
- › Estriol (E3): Vaginal cream: 2 mg at bedtime daily x 1 week, then 1 mg 2-3 times/week
- For either initial relief (1-2 months) of vaginal symptoms in combination with above, or as single therapy for local effect only.

## PROGESTERONE

- › Progesterone: sublingual, 50-100-mg troche at bedtime daily (for immediate relief)
- Start with ½ troche at bedtime x 1 week, especially if estrogen is transdermal.
- › Progesterone: orally 75-150-mg capsule at bedtime daily (alternative)
- Takes longer to build up in the system, requires slightly higher doses
- › Progesterone: transdermal, 100-200 mg/g cream or gel daily (least desirable)
- Does not offer the same benefits on mood, memory and sleep as sublingual or oral forms

## TESTOSTERONE

- › Testosterone: transdermal, 2.5-5 mg/g cream or gel at bedtime daily (preferred)
  - › Testosterone: sublingual, 2-4-mg troche at bedtime daily
  - › Testosterone: orally: 2-4-mg capsule at bedtime daily
- Oral and sublingual forms are often not as effective.
- Transdermal route avoids first-pass effects on liver.

## DHEA

- › DHEA: Orally, 15-20-mg sustained-release capsule daily in morning (preferred)
  - › DHEA: Sublingually, 10-20-mg troche in morning or divided twice daily (shorter acting)
  - › DHEA-Keto: Orally, 15-25-mg sustained-release capsule daily (more expensive)
- Allows for less conversion to testosterone for women in which this is a problem
- Many women develop side effects with the standard OTC dosages of 25 mg; acne, palpitations, oily skin are most common.