



## Service of the Month! Generic Progesterone Capsules



Progesterone is a naturally occurring hormone in our body. As we age, our hormone levels tend to decrease. Irregularities in progesterone can lead to:

- Abnormal ovulation
- Limited uterine lining growth
- Menopausal symptoms
- and more

Capsules are one solution that can help with irregular progesterone levels.

[Learn More](#)

## Menopausal Sexual Dysfunction: The Role of Hormonal Alignment and Custom Therapies

Menopause is often accompanied by sexual dysfunction. Its subtle but consistent impact is extensive, with minor symptoms progressing to more serious issues. Sexual response involves a complex interplay of physiology, emotions, personal experiences, values, and lifestyle. If any of these elements become disrupted, it could affect the desire, excitement, or gratification from sexual activities. Consequently, addressing these disruptions often requires a multi-faceted approach.



Vaginal atrophy is often the first symptom, with dryness potentially leading to painful sexual activity. The lower estrogen levels cause thinning of the vaginal skin. In turn, libido often declines as individuals find sexual intimacy less appealing and uncomfortable. Sexual health concerns are often overlooked and under-treated, overshadowed by less complex issues. The topic is often difficult to discuss with a woman's healthcare provider or pharmacist, and many avoid the topic altogether.

Menopausal sexual dysfunction is usually the result of a significant drop in estrogen. Optimizing estrogen levels can help to enhance the thickness of vaginal tissues, increase vaginal secretions and circulation, and lower vaginal pH to reestablish the vaginal microbiome.

Reports suggest that when estrogen therapy is implemented, most women experience symptom

relief. After just weeks of customized hormone therapies, vaginal distress or sexual disruption may begin to show improvement. Consistent therapy is crucial.

Not all therapies for sexual dysfunction solely rely on estrogen. Customized hormone therapies vary from person to person. Other hormones to be considered include:

- **Dehydroepiandrosterone (DHEA)** transforms into sex hormones, stimulating receptors in the vaginal wall when administered locally. DHEA helps promote healthier vaginal tissues and less sexual discomfort.
- **Testosterone** is often associated with sexual desire. It's believed to influence dopamine pathways in the brain, impacting responsiveness and interest in intimacy. When balanced, it can boost sexual function and reduce distress.
- **Oxytocin** can increase feelings of intimacy, sensitivity, and willingness to engage in sexual activity. Systemic options show significant potential in addressing libido changes and targeted vaginal formulations may counter tissue degradation.

*Age-related hormonal shifts can detrimentally affect sexual health. If you are experiencing discomfort, our compounding pharmacist can discuss customized therapeutic options with your provider.*

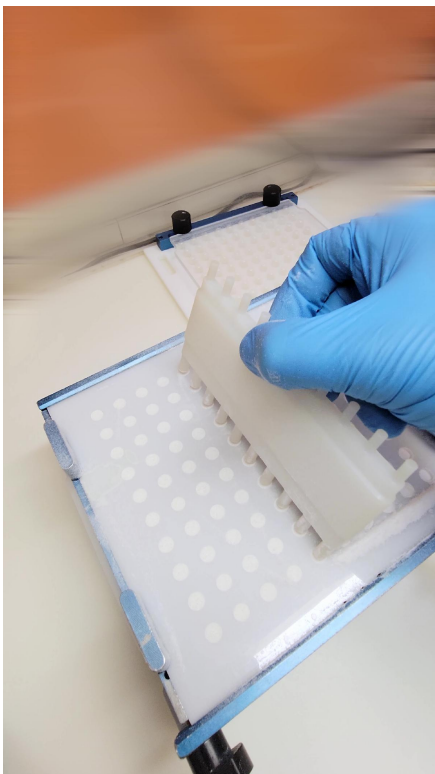
[Menopause. 2016 Mar;23\(3\):243-56.](#)

[Front Endocrinol \(Lausanne\). 2022; 13: 786271.](#)

[Best Pract Res Clin Endocrinol Metab. 2021 Dec;35\(6\):101592](#)

[Medicina \(Kaunas\). 2019 Sep 2;55\(9\):559.](#)

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## Making Progesterone Capsules

Progesterone is often paired with estrogen to address symptoms of menopause. It helps make sure that estrogen remains at an appropriate level.

They are also sometimes taken on their own to help with sleep issues.

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ClearSpring Pharmacy has 2 wonderful locations in Cherry Creek and Littleton

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Cherry Creek



Littleton

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Shop our Littleton  
Location



Shop our Cherry  
Creek Location



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*We care about our patients and want to provide you with quality information about your health. If you ever have questions or would like more information, please feel free to ask. We look forward to caring for you and your family.*