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## How Do I Get Started?

Speak to your physician to see if he or she is open to the Bio-Identical Hormone therapy. Have your doctor order the necessary labs listed below. **NOTE:** *Saliva test kits are also available. Please check with our pharmacist to find out what is best for you!* Please go to [www.starkpharmacy.com](http://www.starkpharmacy.com) to fill out your hormone questionnaire. It will be sent directly to our pharmacy upon completion. Call us at Stark Pharmacy to schedule a **free** consultation. We will need your labs and completed questionnaire before the appointment can be scheduled. After the consultation, we will then be able to proceed with a recommendation to your physician.

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## Recommended Lab Work For Women and Men

Recommended HRT Panel for WOMEN (We recommend that you attempt to have your blood drawn between cycle days 19-22 if you still have menstrual cycles, otherwise, you may test your blood at any time in your cycle).

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| <ul style="list-style-type: none"><li>• Estradiol</li><li>• Progesterone</li><li>• TOTAL Testosterone</li><li>• FREE Testosterone</li><li>• DHEA-S</li></ul> | <ul style="list-style-type: none"><li>• FSH</li><li>• Vitamin D3</li><li>• Complete Thyroid Panel</li><li>• Cortisol</li></ul> |
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Recommended HRT Panel for MEN

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| <ul style="list-style-type: none"><li>• Estradiol</li><li>• LH</li><li>• DHEA-S</li><li>• Total Testosterone</li><li>• FREE Testosterone</li><li>• Cholesterol Panel</li></ul> | <ul style="list-style-type: none"><li>• Hemoglobin</li><li>• Hematocrit</li><li>• PSA</li><li>• Complete Thyroid Panel</li><li>• Vitamin D3</li></ul> |
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## Suggestions for Further Reading (Updated 2017)

Berkson, D. Lindsey. [Safe Hormones, Smart Women.](#) CreateSpace, 2010.

Brown, Ron, M.D. [Discovering Your True Balance with Bioidentical Hormones.](#) Advantage Media Group, 2011.

Hawkins, Amy Lee, PharmD. [What You Must Know About Bioidentical Hormone Replacement Therapy: An Alternative Approach to Effectively Treating the Symptoms of Menopause.](#) Square One Publishers, 2012.

Hotze, Steven F., M.D. [Hypothyroidism, Health, And Happiness: The Riddle of Illness Revealed.](#) Advantage, Charleston, South Carolina, 2013.

Rouzier, Neal, M.D. [How to Achieve Healthy Aging.](#) WorldLink Medical Publishing, 2012.

Smith, Pamela Wartain M.D., M.P.H. [What You Must Know about Women's Hormones: Your Guide to Natural Hormone Treatment for PMS, Menopause, Osteoporosis, PCOS, and More.](#) Square One Publishers, 2009.

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## Internet Resources (Updated 2019)

**NOTE:** Stark Professional Pharmacy does not endorse the content of the following web sites and provides these links for information and educational purposes only)

Christiane Northrup, MD  
Drnorthrup.com  
<https://www.drnorthrup.com>

Holtorf Medical Group  
<https://www.holtorfmed.com>

Women in Balance  
<http://www.womeninbalance.org>

Information on Adrenal Fatigue  
<http://www.adrenalfatigue.org>