

An Emerging HRT Dosage Form for Women

With the sky-rocketing costs of commercial vaginal estrogens, patients and prescribers are looking for affordable and customizable options. A compounding pharmacist working with a practitioner can create customized medications with a variety of active pharmaceutical ingredients in different dosage forms that are uniquely suited to individual patients.

Estrogen Vaginal Tablets

Treating vaginal dryness and atrophy with estriol, estradiol or testosterone is not a novel idea, but the dosage form may warrant a closer look. Many times patients will complain about a vaginal cream, as it can feel messy or unclear. Previously, the other options available were vaginal suppositories, troches or capsules. All of these dosage forms have their own pros and cons. However, a recent study showed higher treatment compliance and adherence of postmenopausal women with estrogen tablets over estrogen creams or gels.¹

Example Formulas

- Estradiol 5 mcg Rapid Dissolve Vaginal Tablet (PCCA RDT-Plus) (SF)²
- Estriol 0.5 mg/Testosterone 0.5 mg Rapid Dissolve Vaginal Tablet (PCCA RDT-Plus) (SF)³
- Estriol 0.5 mg Rapid Dissolve Vaginal Tablet (PCCA RDT-Plus) (SF)³

Vaginal Tablets for Female Sexual Dysfunction

Female sexual dysfunction (FSD) is a complex, multifactorial disorder. Sexual function results from several systems working together. Hormones, psychological status and adequate blood flow to the genitals all must be functioning in order for a woman to have a satisfying sexual experience.⁴ After evaluating the hormonal status, many times improving blood flow to the clitoris can be the final piece of the puzzle.

In clinical practice, the use of various combinations of vasodilators either applied or inserted vaginally have demonstrated a therapeutic effect in women with FSD.

The improvement in blood flow will not directly increase desire, but will make the tissue more sensitive and improve potential to climax.

Example Formulas

- Arginine 12 mg/Papaverine HCl 0.2 mg Rapid Dissolve Vaginal Tablet (PCCA RDT-Plus)^{5,6,7}
- Sildenafil 2 mg/Arginine 12 mg Rapid Dissolve Vaginal Tablet (PCCA RDT-Plus)^{5,8}

Testosterone Sublingual RDTs

Many prescribers order compounded testosterone creams or gels for women for a variety of androgen-deficiency symptoms,⁹ as there is not a commercial product currently available that is indicated for women. Either due to poor absorption or adherence, many women do not achieve the full benefit from topical testosterone. Therefore, a look at a unique delivery system is needed.

Sublingual absorption of testosterone using PCCA Rapid Dissolve Tablet Powder or PCCA RDT-Plus reduces the amount swallowed due to the rapid dissolution. You can advise patients to not eat or drink for 30 minutes to allow maximal absorption via the mucous membranes sublingually or buccally.

Example Formulas

- Testosterone 0.5 mg Rapid Dissolve Tablet (PCCA RDT-Plus)^{10,11}
- Testosterone 5 mg Rapid Dissolve Tablet (PCCA RDT-Plus)^{10,11}

References are located on the next page.

For questions, please contact your compounding pharmacy.

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References

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