

DHEA

(Dehydroepiandrosterone)

This drug information sheet is to be used as a guide for patient counseling on the use and possible side effects of this medication. This information is not to be used as a substitute for the pharmacist providing counseling or for information provided by your medical provider or other medical professional. This information is not intended to diagnose, treat, cure, or prevent any disease. If you feel you are having a medical problem, contact your health care provider.

Medication:

The compounded medication contains DHEA that is a plant derived hormone.

Use:

It may be used as replacement when the adrenal gland cannot produce enough DHEA. It may be used to help increase testosterone levels since it is a precursor to testosterone. It can be used for mood regulation and brain function by counterbalancing the effects of cortisol. It aids in metabolism and supports bone and muscle health as well as immune health.

Side Effects:

Symptoms/side effects that can subside during treatment include acne, hair loss, stomach upset, high blood pressure, and some women can experience facial hair, menstrual cycle changes and deepening voice.

Precautions:

Do not use DHEA during pregnancy or while breastfeeding. DHEA can be converted into estrogen and affect how it works in the body. DHEA could be contraindicated if you have or have had breast, uterine, or ovarian cancer. It could increase endometriosis or uterine fibroids. Do not take if you have PCOS. Use caution in diabetes, depression, or a diagnosed mood disorder. Patients should contact their provider in the case of a rash, itching, depression or swelling of ankles or hands/fingers. Patients should contact their provider immediately if they experience sudden/severe headache, loss of coordination, sudden loss of or changes in vision, chest pain, weakness, shortness of breath, slurred speech or numbness/pain in the arm or leg. If you notice any effects not listed above but of concern, contact your health care provider.

Directions:

This medication may be administered as a vaginal cream or suppository, an oral sublingual lozenge or capsule or a transdermal cream or gel. Patients should follow the directions provided by the medical provider and or the pharmacist. Patients should not exceed the dose prescribed. The medication should be stored as directed. Please check with your pharmacy regarding missed doses.