



### **WHAT IF A PATIENT HAS ALREADY HAD A HYSTERECTOMY?**

Progesterone metabolizes from cholesterol and then becomes the backbone of all the other steroid hormones. It is essential in balancing estrogen, supporting the thyroid, curbing insulin resistance and assists in proper regulation of the adrenals.

### **WHAT ARE FACTORS THAT INFLUENCE HORMONES?**

- Exercise
- Activity levels
- Stress levels
- Nutritional supplementation
- Diet: Fiber is important to help maintain healthy metabolism of all hormones. Eat organic foods to decrease exposure to xenoestrogens and antibiotics fed to our livestock.

### **BHRT OFFERS A NUMBER OF HEALTH RELATED BENEFITS:**

- Improves cholesterol levels
- Improves libido
- Improves sleep
- Improves mood, concentration, and memory
- Reduces hot flashes
- Reduces vaginal dryness
- Reduces risk of breast cancer and endometrial cancer
- Reduces risk of depression
- Reduces risk of senility and Alzheimer's Disease
- Offers fewer unwanted effects than synthetic hormones
- Helps in the prevention of osteoporosis and restoration of bone strength
- Aids in maintenance of muscle mass and strength
- Protects against heart disease and stroke

## **HISTORY OF HOBBS PHARMACY**

OUR TRADITION BEGAN IN 1964 WHEN GARY K. HOBBS OPENED A FULL-SERVICE DRUG STORE TO PROVIDE THE ASTRONAUTS, ENGINEERS AND THEIR FAMILIES WHO WOULD LAND A MAN ON THE MOON THE MEDICINE AND SERVICES THEY NEEDED.

AFTER 25 YEARS OF SERVICE, GARY PASSED THE REINS ON TO HIS SON MARK HOBBS, WHO WOULD CARRY ON THE TRADITION ESTABLISHED WHILE HE WAS JUST A CHILD. ALONG THE WAY, MARK HAS CONTINUED HIS FATHER'S DEDICATION TO QUALITY BY OBTAINING THE MOST QUALIFIED PHARMACISTS IN THE AREA. DR. ERIC RUSSO, PHARM D JOINED THE TEAM IN 1999 AS DIRECTOR OF CLINICAL SERVICES AND HAS CONTINUED TO EXPAND THE INFUSION THERAPY AND COMPOUNDING PROGRAMS INTO THE STELLAR FACILITIES THAT THEY ARE TODAY.

HOBBS PHARMACISTS PROUDLY HAVE A COMBINED 100+ YEARS OF PROFESSIONAL SERVICE. THEIR PERSONAL COMMITMENT TO THE CUSTOMER SET FORTH BY GARY HOBBS IS STILL OUR CORE BUSINESS PHILOSOPHY AND EVERY DAY PRACTICE.

