

The Compounding Pharmacy of SA

BIO-IDENTICAL HORMONES & PATIENT INDIVIDUALISED MEDICINES



Topical Estriol & Progesterone – anti-aging for menopausal skin (estriol USP 0.1% m/v & progesterone BP 1%)

-a prescription cosmetic in a highly penetrating liposomal base

Research Summary

Estriol:

Scientific studies validate that diminishing hormone levels play a significant factor in the aging of facial skin, and that **estriol represents a promising therapeutic approach**. These studies show that estriol's effects on the skin include:

- Greater skin thickness due to increased collagen production
- Disappearance of fine lines and wrinkles
- Better skin structure and elasticity
- Greater vascularisation (oxygen and nutrient carrying blood vessels)
- Increased moisture content
- Inhibition of excessive sebum (oil) production
- In one such study reported in the *International Journal of Dermatology*, 59 women, average age 53, applied an estriol cream to their faces and necks. Most experienced positive results in just eight weeks, showing a significant reversal in the signs of aging within six months:
 - In 96%, skin elasticity and firmness improvement was *significant*
 - In 96%, skin moisture increase was *significant*
 - In 89%, wrinkle depth decrease was *highly significant*

(*Int J Dermatol. 1996 Sep;35(9):669-74; Treatment of skin aging with topical estrogens*).

Progesterone

British Journal of Dermatology, Sept 2005 reported a significantly:

- greater reduction in wrinkle counts and wrinkle depth around the eyes
- greater decrease in nasolabial wrinkle depth
- higher increase in skin firmness

Findings:

"These effects in combination with good tolerability make progesterone a possible treatment agent for slowing down the ageing process of female skin after onset of the menopause".

(*Br J Dermatol. 2005 Sep;153(3):626-34*)

Directions: Apply twice daily to face & neck areas.

Order from the Compounding pharmacy of South Africa:

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