



Hormone Hotline: 228.365.6885

DHEA (DEHYDROEPIANDROSTERONE)

MEDICATION:

This compounded medication contains DHEA (Dehydroepiandrosterone)

USE:

This is a sex hormone that declines with age. DHEA may help maintain body mass, help you deal with stress, promote weight loss, increase brain function, reduce cholesterol, protect against insulin resistance, and improve sense of well being.

SIDE EFFECTS:

All medicines may cause side effects, but many people have no, or minor side effects. Check with your provider if any of these most COMMON side effects persist or become bothersome:

Acne; hair loss; unwanted hair growth; voice deepening

Seek medical attention right away if any of these SEVERE side effects occur:

Severe allergic reactions (rash; hives; itching; difficulty breathing; tightness in the chest;

Swelling of the mouth, face, lips, or tongue); aggressiveness; agitation; blurred vision; dizziness;

Fast or irregular heartbeat; irritability; mood or behavioral changes; trouble sleeping.

This is not a complete list of all side effects that may occur. If you have questions or need medical advice about side effects, contact your health care provider.

PRECAUTIONS:

- Patients **older than 40 years of age** should be screened for hormonally sensitive cancers before taking DHEA.
- **Diabetes patients** – this medicine may affect your blood sugar. Check blood sugar levels closely and ask your provider before adjusting the dose of your diabetes medicine.
- **PREGNANCY and BREAST-FEEDING: DO NOT USE DHEA** if you are pregnant. If you suspect that you could be pregnant, contact your doctor immediately. It is unknown if DHEA is excreted in breast milk. Do not breast-feed while taking DHEA.
- If you have a history of **heart disease, low “good” cholesterol (HDL), diabetes, liver problems, kidney problems, an enlarged prostate or prostate cancer, tumors of the breast or uterus, or a mental disorder**, notify your provider of this condition before starting DHEA

MEDICINES MAY INTERACT with DHEA. Tell your provider if you are taking any medicines, especially the following:

- **ANTICOAGULANTS** (ie: warfarin, aspirin) concurrent use may increase risk of bleeding.
- **CARBAMAZEPINE** because the risk of toxic effects, such as nausea, vomiting, severe drowsiness, and trouble walking, may be increased.
- **ANDROGENS** (ie: **Testosterone**), **ORAL CONTRACEPTIVES** (ie: **birth control pills**), **OR ESTROGEN** because side effects may be increased by this medicine.

This may not be a complete list of all interactions that may occur. Ask your health care provider if this medicine may interact with other medicines that you take. Check with your health care provider before you start, stop, or change the dose of any medicine.

DIRECTIONS:

Use this medicine as directed by your provider. Check the label on the medicine for exact dosing instructions. Take with a meal. If you miss taking a dose, take the dose as soon as remembered. Patients should not take the dose if it is almost time for the next dose. Instead, patients should skip the missed dose and resume the usual dosing schedule.

DO NOT DOUBLE THE DOSE. The medicine should be stored as directed by your pharmacist.

For any questions, either talk to your provider or your pharmacist.

Bio-identical hormone specialist: **Tanya Harmon, PharmD & Courtney Poe, PharmD**