CENTRAL COMPOUNDING CENTER South

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PCAB ACCREDITED Compounding Pharmacy
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WELCOME TO OUR MONTHLY NEWSLETTER

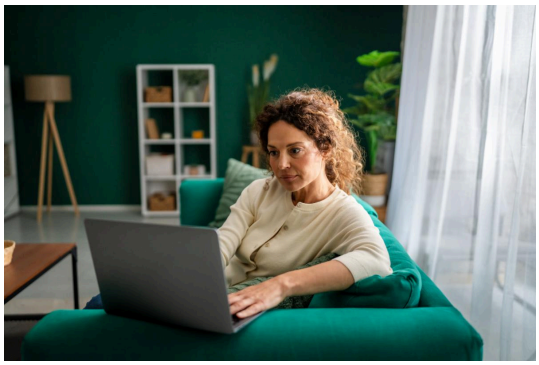
At Central Compounding Center South, we care about our patients and want to provide you with quality information about your health. If you ever have questions or would like more information, please feel free to ask. We look forward to caring for you and your family.

Sincerely,

Jennifer Burch, PharmD, CDCES, FNCAP, FAPC

Your Testosterone Level Is Only Part of the Picture

Women naturally produce testosterone, too. But understanding your levels involves more than checking whether a result falls inside the “normal” range on a lab report. Your age, symptoms, medications, and health history all help your healthcare provider interpret your results. New research is offering a closer look at how testosterone levels change throughout women’s adult lives.



What Does the New Research Show?

A study published in the Journal of Endocrinological Investigation examined testosterone results from 5,323 women ages 19–59. Researchers found that average levels declined with age, while differences between women became more varied.

These findings suggest that age should be considered when interpreting testosterone results. However, the study looked at a specific group of women with regular menstrual cycles and no reported reproductive conditions, so its findings may not apply equally to everyone.

A lower testosterone result does not automatically mean you need treatment. This study helps explain how levels vary, but it does not show that taking testosterone will improve

symptoms or establish a level at which treatment should begin.

When Might Testosterone Therapy Be Considered?

The strongest evidence supports testosterone therapy for some postmenopausal women with hypoactive sexual desire disorder (HSDD). This means ongoing low sexual desire that causes personal distress.

Low desire can have many contributors, including medications, stress, relationship concerns, and other health conditions. Your provider should explore these factors before recommending treatment.

A blood test alone cannot diagnose HSDD or tell you whether testosterone therapy will help. The decision should include a conversation about your symptoms, goals, treatment options, and potential risks.

Why the Dose and Delivery Method Matter

If your provider recommends testosterone, understanding exactly how to use it is an important part of your care.

Know how much to apply.
The strength listed on a cream or gel is different from the amount you should use. Ask your pharmacist to explain how to measure each dose and use any pump or applicator provided.

Follow the instructions for your specific prescription.
Creams and gels can feel different on your skin and deliver medication differently. Use the application site and amount directed by your provider and pharmacist.

Understand how treatment can be adjusted.
Daily topical treatment can generally be changed or stopped more readily than implanted pellets. Your provider can explain the benefits and limitations of each option. Do not adjust your dose on your own.

Take precautions to prevent transfer.
Testosterone applied to the skin may transfer to another person through contact. Follow your medication's instructions about handwashing, covering the application area, and avoiding contact with others.

Follow-Up Is Part of Treatment

Your provider may check testosterone and a protein called SHBG, which affects how testosterone is carried in your blood, before starting treatment.

Follow-up bloodwork is often performed about 3–6 weeks after starting, with additional testing after dose changes. Once treatment is stable, testing may continue every 4–6 months, depending on your care plan.

These visits help your provider assess whether treatment is helping and whether your testosterone level is becoming too high. The goal is not simply to raise a number on a lab report.

Tell your provider if you notice:

- New or worsening acne
- Increased facial or body hair
- Hair thinning on your scalp
- Changes in your voice

Long-term safety is still being studied. Continue discussing the benefits, risks, and need for treatment with your provider.

Questions About Your Prescription?

Our compounding pharmacy can work with you and your prescriber to explain a prescribed preparation, demonstrate how to measure your dose, and review application and handling instructions.

If you have questions about testosterone therapy, start with your healthcare provider. If you already have a prescription, contact our team for help understanding how to use it.

Wainwright, E., Getreu, N., Crawford, L. et al. Redefining testosterone reference ranges for adult females. J Endocrinol Invest 49, 2339–2349 (2026).

Share your experience with Central Compounding

If you have received excellent care or service from the pharmacists and staff at Central Compounding, we would appreciate an online review.

REVIEW US ON GOOGLE

REMINDER MESSAGE ABOUT CONSULTATIONS:

Central Compounding Center offers one on one personal consultations with Jennifer Burch, PharmD, who is experienced and specially trained in customized hormone therapy. Hormone consultations are by appointment only, and are $175.

FIND OUT MORE

HORMONE TESTING

We provide ZRT test kits to help us customize your hormone therapy specifically for you!

LEARN MORE

HOURS: Monday - Friday 9am - 5:30pm
Closed for lunch 12:30pm - 1pm
Closed Saturday and Sunday

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