

THE *Beauty Issue*: HAIR & SKIN

The holidays are upon us and preparations are underway for family gatherings and holiday parties. Regardless of your traditions, the holidays are a time when we want to look and feel our best and this year is no exception. Understandably, 2020 has taken an egregious toll on our health, and with stress and insomnia at an all-time high, there is no question that unfavorable changes in both skin and hair were soon to follow. In fact, insomnia and chronic stressors often present first through hair loss and skin problems. Physicians Preference Pharmacy offers several exciting options to help your patients look and feel their best this holiday season.

Addressing the Root Cause of Hair Loss: *Phys Pref Hair Support Solution*

Approximately 35 million men and 21 million women in the United States experience some type of noticeable hair loss by age 40.¹ The most frequent causes are family history, age, alopecia areata, cancer treatment, childbirth, illness, trauma/stressors, hormonal imbalance (such as thyroid), vitamin A toxicity, and nutritional deficiencies.² Identifying the root cause of hair loss is necessary in determining if regrowth is possible and in preventing permanent hair loss. Hair loss may not present itself until a few months after the perpetuating incident occurs, and

loss may be either gradual or abrupt.

The most common cause of hair loss and thinning in both men and women is hereditary, also referred to as male and female pattern baldness. As seen in the below diagram, female pattern hair loss typically occurs along the part, whereas for men, thinning generally occurs on the crown or as a receding hairline.



FEMALE-PATTERN HAIR LOSS



MALE-PATTERN HAIR LOSS

Image from <https://www.theprivateclinic.co.uk/>


The goal of *Phys Pref Hair Support Solution* is to decrease hair loss, promote hair growth and increase hair follicle size and thickness. This proprietary compounded product achieves this via application of two unique active ingredients: GHK-Cu and progesterone.

GHK-Cu is a copper tripeptide naturally found in the human body that plays a role in hair growth, skin repair and wound healing. Because this tripeptide is highly bioavailable, it efficaciously penetrates the hair follicle during treatment. GHK-Cu

HOW TO ORDER

Call or fax your prescriptions:

 Fax 281.828.9669

 Tel 281.828.9088

NEED SUPPLIES?

For Rx sheets, product catalogs, and supportive materials, please call or email us:

 281.828.9088

 pharmacy@physicianspreferencrx.com

 physicianspreferencrx.com

Physicians Preference Pharmacy standards are more stringent than those of the United States Pharmacopeia (USP). In addition to onsite weight testing, we send multiple samples per week to an outside laboratory for potency testing. Physicians Preference Pharmacy ranks first in Houston for the number of samples sent for potency testing and in the top 8% of pharmacies nationwide.

Physicians Preference Pharmacy is a Houston-based, PCAB-accredited compounding pharmacy serving physicians and patients since 2001. We are licensed to work with doctors and ship to patients in all 50 states.

has both antioxidant and anti-inflammatory properties, and it stimulates collagen production, which promotes hair regrowth after thinning. A powerful antioxidant, GHK-Cu works to preserve both color and shine while protecting new hair growth from oxidative damage such as ultraviolet radiation. GHK-Cu also stimulates blood flow to the scalp, which encourages the delivery of oxygen and essential nutrients to the hair follicle for hair regrowth. Lastly, GHK-Cu prolongs the “anagen phase” of the hair’s life cycle, which results in the active growth of new hair follicles.³

Progesterone works as nature’s own 5-alpha reductase inhibitor (5-ARI). Like other 5-ARIs commercially used for hair regrowth, such as finasteride and dutasteride, progesterone inhibits the 5-alpha reductase enzyme that is responsible for converting testosterone to dihydrotestosterone (DHT). High levels of DHT can shrink hair follicles and cause thinning and brittle hair. An accumulation of DHT also makes it more difficult to grow new hairs once old hairs are lost. Progesterone, therefore, decreases this accumulation of DHT, allowing the hair to once again grow.

With just a few drops applied to the affected area twice daily for the first month, and once daily thereafter, we are seeing noticeable results within weeks.



BEFORE

AFTER 3 WEEKS

Phys Pref Hair Support Solution may be used by both men and women and may be applied to a select area or to the entire scalp.

Phys Pref Hair Support Solution Rx:

GHK-Cu 0.1%/Progesterone 0.25% Topical Solution

SIG: Apply a few drops to affected area of the scalp and rub in lightly with fingertips. Apply twice daily for the first month, then once daily thereafter.

Quantity:

If applying to only one of the following sites: Crown, part, or receding hairline, use **30ml** first month, **15ml** thereafter. If applying to a combination of the crown, part, and receding hairline, use **60ml** first month, **30ml** thereafter. If applying to entire scalp, use **120ml** first month, **60ml** thereafter.

Notes:

- Bottles available in 15ml, 30ml, 60ml
- Product expiration is 35 days

PHYSICIANS PREFERENCE SKIN RENEWING PRODUCTS

What makes Physicians Preference Pharmacy’s compounded skincare different? Our products are free of unnecessary ingredients like parabens, synthetic fragrances and dyes, which may irritate or damage the skin. They are chock-full of robust ingredients like caffeine, antioxidants, anti-inflammatories, collagen-producing peptides and, when necessary, hormones such as estriol or progesterone to restore skin elasticity.

Many commercial skincare products use cheap filler ingredients, but our compounded skincare allows you to choose quality over quantity, without sacrificing the strength and efficacy of your skincare regimen. By using professional strength products containing potent active ingredients, only a small amount is required.

Physicians Preference Pharmacy has several compounded skincare products, including our *Phys Pref Skin Renewal Serum* and *Phys Pref Eye Renewal Cream*.

Phys Pref Skin Renewal Serum

Our *Phys Pref Skin Renewal Serum* is a nutrient-rich lightweight serum designed for daily use on the face and décolletage to tone and tighten skin, even out the complexion and minimize the appearance of fine lines and wrinkles.

Benefits:

- Fights aging: Improves elasticity and firmness, positively affects facial sag and counteracts effects of stress on the skin
- Promotes skin cell turnover: Aids in skin cell rejuvenation with maximum benefit occurring over four to six months after complete cell turnover has taken place
- Reduces inflammation: Calms inflamed skin and helps with conditions such as acne and rosacea
- Decreases enlarged/clogged pores

Ingredients:

Estriol, progesterone, alpha lipoic acid, vitamin C, azelaic acid, squalene, vitamin E, DMAE, CoQ10, GHK-Cu

*Also available estriol- and progesterone-free

Phys Pref Eye Renewal Cream

Boosted with natural moisturizers, antioxidants and caffeine, this renewing eye cream helps firm and smooth the delicate eye area, while

decreasing puffiness and dark circles underneath.

Benefits:

- Helps reduce swelling and puffiness under the eyes
- Decreases appearance of dark circles under the eyes
- Improves skin tone and texture under the eyes
- Retains under-eye moisture and improves turgor

Ingredients:

Caffeine, vitamin K, vitamin E, hyaluronic acid, CoQ10, grape seed oil, chrysin, GHK-Cu

These products can be applied under other products, moisturizers and makeup.

To request a prescription, or to inquire about any of our other compounded skincare products, call the pharmacy at **281.828.9088** today!

REFERENCES

¹ Hair loss statistics. The Hair Society <https://thehairsociety.org/hair-loss-statistics-the-facts/>

² Hair loss: who gets and causes. American Academy of Dermatology. <https://www.aad.org/public/diseases/hair-loss/causes/18-causes>

³ How copper peptides boost hair growth and stop hair loss. PLEIJ. <https://pleijsalon.com/how-copper-peptides-boost-hair-growth-and-stop-hair-loss/>

⁴ Brincat MP. Hormone replacement therapy and the skin. Maturitas. 2000 May 29;35(2):107-17. doi:10.1016/s0378-5122(00)00097-9

WHY THESE INGREDIENTS?

Alpha Lipoic Acid: Antioxidant which attacks free radicals to improve skin texture and wrinkles

Azelaic Acid: Anti-inflammatory and anti-bacterial compound with proven skin benefits

Caffeine: Vasoconstrictor that reduces puffiness and swelling

Chrysin: Natural flavonoid from plants which decreases dark shadows under the eyes

CoQ10: Antioxidant that aids in skin cell rejuvenation

DMAE: Antioxidant which firms the skin

Estriol: Bioidentical hormone that is particularly important

following menopause, when hypoestrogenism accelerates age-related deterioration, resulting in thinner, dryer skin, an increase in the number and depth of wrinkles, and decreased skin firmness and elasticity.⁴ When estriol is applied topically, it helps to minimize fine lines and wrinkles. When used in low doses, estriol typically has no adverse side-effects.

GHK-Cu: Copper tripeptide that signals the body to produce its own collagen, restores skin elasticity, reduces photodamage and free-radical damage

Grape Seed Oil: Lightweight oil from grapes containing high levels of linoleic acid to provide plumpness to the skin without weighing it down

Hyaluronic Acid: Natural substance that moisturizes the skin to help retain and maintain elasticity

Progesterone: Bioidentical hormone that has an anti-androgenic effect by inhibiting 5-alpha reductase enzyme, resulting in less sebum production and fewer skin breakouts

Squalene: Unique compound that helps skin retain moisture barrier and hydration

Vitamin E: Antioxidant which minimizes fine lines and wrinkles

Vitamin K: Fat-soluble vitamin that decreases the appearance of dark circles under the eyes



MEET THE PHARMACIST

Angela Foley, PharmD, RPh was born and raised in Katy, Texas. After high school she attended Texas Woman's University and West Texas A&M University where she double

maored in chemistry and biochemistry. She furthered her education at Texas Tech School of Pharmacy to obtain her Doctor of Pharmacy degree. Her passion is helping others not only through her knowledge of drugs but also by tailoring individualized treatments through compounding. Angela has also completed training

on Bio-identical Hormones through the American College of Apothecaries. In her spare time she enjoys cooking, Zumba, and spending time with her family. In addition to Texas, Angela is licensed in Louisiana, Oklahoma, Arkansas, Tennessee, Michigan, Mississippi, West Virginia and Nebraska.