

The following includes information on purchasing and using Oestrogel, an estrogen gel used to relieve the symptoms of menopause. Talk with your doctor before starting any new hormone therapy.

**Supplied by:**

Masters Marketing Co.  
Masters House  
5 Sandridge Close  
Harrow, Middlesex HA1 1TW

**To place an order:**

Web site: [www.mastersmarketing.com](http://www.mastersmarketing.com)  
Email: [julieemms@mastersint.com](mailto:julieemms@mastersint.com)  
Fax: 011.44.208.427.1994  
Via postal money order, payable in US\$ to "Unichem" to the address above.

**Include:** Name, address, order and quantity, Visa or Mastercard details including exp. date.

**Information for Patients:**

Estradiol is the primary estrogen produced by the human ovary. Oestrogel is a gel containing estradiol. Oestrogel should be used to provide estrogen replacement therapy (ERT) for the relief of symptoms of menopause, such as hot flashes and night sweats. Every 100 grams of Oestrogel contains 60 mg of estradiol as the active ingredient. Each dispenser provides 64 full measures, each consisting of 1.25g of Oestrogel.

**Dosage:**

Oestrogel should be used as directed by your doctor. If you are still having regular periods you should begin Oestrogel within 5 days of the start of your period. If your periods have stopped or are irregular, you can start Oestrogel at any time. Oestrogel may be applied once daily in the morning or evening after cleansing the skin, preferably at the same time each day. If you were prescribed two measures of gel, you should apply one measure over each arm and shoulder or inner thigh. If you are using four measures of gel you should use two measures on each arm and shoulder or inner thigh. A template is provided with the Oestrogel and when placed on the skin will show the area of skin over which to apply the gel. If you have an intact uterus and are taking progesterone or progestins, take the tablets as instructed by your doctor. You should take a tablet just before or just after using the Oestrogel.

**Warnings:**

Do not use if you are pregnant or suspect you might be; if you have, or have had: blood clots, high blood pressure, breast lumps, a family history of breast cancer, liver or kidney disease, or any disease of the uterus.

Do not exceed the prescribed dose. Do not apply on or near the breasts or genital area. Do not have anyone else apply the gel for you. Avoid skin contact with another person (particularly male) and do not wash or apply skin products for at least an hour after application.

Side effects may include: headaches, migraine, nausea, breast tenderness, breast

enlargement, mood changes, increase in size of uterine fibroids, irritation or reddening of the skin at the site of application.

**Note:**

Information about Oestrogel, including where to obtain and how to apply it, originates with the manufacturer and distributor. It is posted on Dr. Friedman's web site for informational purposes only. This web site does not offer medical advice, and viewing the web site does not create a physician-patient relationship between you and Dr. Friedman. Always consult your physician before beginning or altering a medical treatment.