How to Get Your Estradiol Patch to Work Better | Dr. Valorie and Dr. Maki Explain Transcript

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Intro and patch basics

So, a lot of hot showers are going to So, a lot of hot showers are going to cause blood vessels to dilate, which cause blood vessels to dilate, which could cause that estradile to go right could cause that estradile to go right into the system.

into the system. >> How to make your estradile patch work >> How to make your estradile patch work better. Hi, I'm Dr. Valerie Davidson better. Hi, I'm Dr. Valerie Davidson from the Progressive Health Podcast.

from the Progressive Health Podcast. >> I'm Dr. Mackey from the Progressive >> I'm Dr.

Hack 1: Best patch placement

Mackey from the Progressive Health Podcast. So, as you just stated, Health Podcast. So, as you just stated, we're going to talk about uh we have we're going to talk about uh we have four hacks that women can use uh to try four hacks that women can use uh to try to get the most out of their patch that to get the most out of their patch that they can. So the first one is location they can. So the first one is location and actually putting it on your bum is and actually putting it on your bum is better in some respects than putting it better in some respects than putting it on your stomach. Putting on your bum can on your stomach. Putting on your bum can have a really good deliverance of that have a really good deliverance of that hormones of the estradile into your hormones of the estradile into your bloodstream and it's less likely to bloodstream and it's less likely to crease or have like your your waistline crease or have like your your waistline rubbing on it or the seat belt rubbing rubbing on it or the seat belt rubbing on it or folding because we want to keep on it or folding because we want to keep that patch really stuck on there.

that patch really stuck on there.

Hack 2: Prep skin before applying

>> Uh okay, number two uh is uh prepping >> Uh okay, number two uh is uh prepping the skin before application. the skin before application. >> Yeah, a couple of things with that. So >> Yeah, a couple of things with that. So you definitely want it to be more cool you definitely want it to be more cool and dry. So putting it on right after a and dry. So putting it on right after a warm shower is not the best time to warm shower is not the best time to apply your estradi patch. So if you apply your estradi patch. So if you shower in the morning, put your patch on shower in the morning, put your patch on in the evening when your skin is cool.

in the evening when your skin is cool. And you also want to make sure that And you also want to make sure that there's not a lot of dead skin cells so there's not a lot of dead skin cells so you can even loofah the area when you you can even loofah the area when you wear are in the shower in the morning to wear are in the shower in the morning to really get those skin cells off. And if really get those skin cells off.

Hack 3: Avoid heat and hot showers

And if you're, you know, we put on moisturizer, you're, you know, we put on moisturizer, so if your skin feels a little bit like so if your skin feels a little bit like you have some moisturizer on or maybe it you have some moisturizer on or maybe it feels a little bit oily, you can take an feels a little bit oily, you can take an alcohol swab and swab it, but make sure alcohol swab and swab it, but make sure that it dries completely. But do know that it dries completely. But do know that some people are allergic to those that some people are allergic to those little alcohol swabs. So just know if little alcohol swabs. So just know if you are, you aren't. But definitely you you are, you aren't. But definitely you want cool, dry skin.

want cool, dry skin. >> Number three is uh you just have uh on >> Number three is uh you just have uh on our little write up here, you have heat. our little write up here, you have heat.

What do you mean by heat? Well, you What do you mean by heat? Well, you know, you go to the gym and you get hot know, you go to the gym and you get hot and then you come home and you take and then you come home and you take another shower or maybe you want to another shower or maybe you want to shower again. So, a lot of hot showers shower again. So, a lot of hot showers are going to cause because heat causes are going to cause because heat causes blood vessels to dilate. So, that might blood vessels to dilate. So, that might cause the delivery of the estradile cause the delivery of the estradile that's supposed to be going in at a that's supposed to be going in at a certain rate to go in a little bit certain rate to go in a little bit faster. So having, you know, even even faster. So having, you know, even even people when they're um, you know, going people when they're um, you know, going in a sauna or hot tubs, you know, going in a sauna or hot tubs, you know, going in a hot tub, that's going to cause a in a hot tub, that's going to cause a lot of heat, which could cause that lot of heat, which could cause that estradile to go right into the system.

estradile to go right into the system. Cuz that is one thing that I've noticed Cuz that is one thing that I've noticed with some patients sometimes when I do with some patients sometimes when I do their blood test right after they apply their blood test right after they apply that estradiol patch. So they put it on that estradiol patch. So they put it on last night, they do some blood work this last night, they do some blood work this afternoon, the next day, it is a little afternoon, the next day, it is a little higher than, you know, maybe the second higher than, you know, maybe the second day of applying it. And is that because day of applying it. And is that because it wears out? It's pro. I say, you know, it wears out? It's pro.

Patch variability, humidity, and swimming

I say, you know, a little bit, but also too if hot a little bit, but also too if hot showers can start to kind of, you know, showers can start to kind of, you know, dose dump that reservoir and then there dose dump that reservoir and then there just isn't anything left in there.

just isn't anything left in there. >> Yeah. The the idea of the patch is >> Yeah. The the idea of the patch is supposed to be like a steady release, supposed to be like a steady release, but it's it's not really a steady but it's it's not really a steady release.

release. release. >> Yeah. Yeah. Our our body temperature, >> Yeah. Yeah. Our our body temperature, taking showers, get all excited or taking showers, get all excited or something, you know, it's, you know, something, you know, it's, you know, that there's some variability there. So, that there's some variability there. So, trying to um minimize that heat. So, if trying to um minimize that heat. So, if you don't go in the hot tub, don't go in you don't go in the hot tub, don't go in the sauna, even though it does sound the sauna, even though it does sound kind of fun. Yeah, it'd be interesting kind of fun. Yeah, it'd be interesting for the people that are watching that for the people that are watching that live in the south with all that humidity live in the south with all that humidity because we've we've predominately been because we've we've predominately been in the Northwest. Uh I used I'm in the Northwest. Uh I used I'm originally from the Midwest. Um have originally from the Midwest. Um have been there for years at least living been there for years at least living there. Uh you know, you know, at least there. Uh you know, you know, at least in the southwest anyways, it's just dry in the southwest anyways, it's just dry heat. It's very hot, but it's just dry heat. It's very hot, but it's just dry heat. So, I'm wondering if anyone has heat. So, I'm wondering if anyone has any experience living in the south and any experience living in the south and how that patch uh uh adheres to the how that patch uh uh adheres to the skin. I'd be really curious to know skin. I'd be really curious to know about that. I would imagine it'd be about that. I would imagine it'd be pretty challenging cuz from what I pretty challenging cuz from what I understand you, you know, you're in the understand you, you know, you're in the south and the minute you shower, you go south and the minute you shower, you go outside and you're sweaty all over outside and you're sweaty all over again. I can't imagine this the patch again. I can't imagine this the patch sticks very well in a situation like sticks very well in a situation like that.

that. that. >> It it doesn't. You know, humidity is one >> It it doesn't. You know, humidity is one of those factors. Also, swimming. You of those factors. Also, swimming. You know, some people like to go swimming, know, some

people like to go swimming, so that's going to be a factor. So, the so that's going to be a factor. So, the other hack, speaking of humidity, would other hack, speaking of humidity, would be putting on a cover. Putting actually be putting on a cover. Putting actually a waterproof adhesive cover over your a waterproof adhesive cover over your estradile patch so that you can go estradile patch so that you can go swimming so that you can, you know, if swimming so that you can, you know, if you're humid, you know, if you're living you're humid, you know, if you're living in Florida or something and it's humid, in Florida or something and it's humid, it wouldn't move away or migrate. So, I it wouldn't move away or migrate. So, I do feel like putting on that adhesive do feel like putting on that adhesive covering. So, some people go online, covering. So, some people go online, they have different colors. You know, we they have different colors. You know, we used to use them over our CGMs when we used to use them over our CGMs when we wear the continuous glucose monitors. I wear the continuous glucose monitors. I put that cover over there just to keep put that cover over there just to keep it from getting hot or having the um you it from getting hot or having the um you know the the humidity. So I would know the the humidity.

Hack 4: Use a protective cover

So I would definitely say when you're speaking definitely say when you're speaking about the humidity that's hack number about the humidity that's hack number four which is just cover up that four which is just cover up that estradile patch.

estradile patch. >> Sure. Sure. If you're going to cover it >> Sure. Sure. If you're going to cover it up you could use if you're familiar um up you could use if you're familiar um with what's called a teederm. Um that with what's called a teederm. Um that can uh you know give it some nice can uh you know give it some nice protection. Um you know so now uh any protection. Um you know so now uh any other little uh little tips and tricks?

other little uh little tips and tricks? These are the four that we sort of came These are the four that we sort of came up with that have the most impact. Is up with that have the most impact. Is there anything else long as we're there anything else long as we're talking about anything else that we talking about anything else that we could add to the list?

could add to the list? >> Well, that would be where you listeners >> Well, that would be where you listeners and watchers that we want to ask you. and watchers that we want to ask you.

So, these are some hacks that we worked So, these are some hacks that we worked with patients to help that estradi patch with patients to help that estradi patch work better. But if any of you have your work better. But if any of you have your own hacks, write them in the comments own hacks, write them in the comments below.

Wrap-up and listener feedback

below. below. >> Yeah. Uh, until next time, I'm Dr. >> Yeah. Uh, until next time, I'm Dr. Mackey Mackey Mackey >> and I'm Dr. Valerie. >> and I'm Dr. Valerie.