

# Written Comments Received

**#116**

JACQUELINE KOMNINOS

November 4, 2024

DEBBIE DAMOTH

2720 GATEWAY OAKS DR. SUITE 100  
SACRAMENTO, CA 95833

RECEIVED  
NOV 07 2024  
California State  
Board of Pharmacy

Ms. Damoth,

I'm writing because of a pending legislative proposal to prohibit access to dozens of legal compounded vitamins, antioxidants, enzymes, peptides, hormones and herbs. My experience is with compounded hormones.

I need compounded hormones to have a working memory, remain employed in a job that requires sustained mental acuity, and have overall good health and stamina to carry out my day's work. Compounded hormones, for years, have met my body's specific needs. There is no substitute for a perfect hormonal fit.

Why would anyone object to pharmacies providing legal compounded hormones while knowing that it would risk the health and well-being of women who rely on them? I'm baffled. I'm also very distressed.

Let me explain why I'm very distressed. For my own health and well-being I would have to travel out of state to acquire compounded hormones at a great cost to me. This would take time away from my job, my family and cause me to spend money on travel costs indefinitely. Why?

Are these critics worried that we, in California, aren't under a doctor's care to be healthy recipients of compounded hormones? I'd like to remind them it's the law for me to undergo extensive bi-annual blood tests, an annual mammogram, and annual pap smear, as well as blood pressure checks and any other tests my doctor calls for.

I hope The California Board of Pharmacy will give compassionate consideration to those of us who need compounded hormones and who are responsibly tended by our doctors to qualify for them.

SINCERELY,

A handwritten signature in black ink, appearing to read 'Komminos', with a small flourish at the end.

JACQUELINE KOMNINOS