

REFILLS

BLOG

CONSULTS

SUPPLEMENTS

WEIGHT LOSS



## 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 L. Burch, Pharm.D., CDE, CPP*

## “Maskne” - Face Masks and Skin Irritation

“Maskne” – or mask acne – can result from regular or prolonged use of face masks. Trapped moisture, bacteria, oils, and dirt can clog pores and contribute to acne, rosacea, folliculitis and irritation. Your skin can also be damaged by friction if your masks rub the bridge of your nose, cheekbones, or behind your ears.

To help decrease the occurrence and severity of these problems, wash or replace your masks frequently. It’s helpful to wash masks and your face with a fragrance-free cleanser. Using fragrance-free moisturizer that contains ingredients such as ceramide, hyaluronic acid and dimethicone can help protect your skin without clogging pores.

We can compound facial cleansers that contain helpful ingredients such as salicylic acid, niacinamide, and glycolic acid. Ask us about medicated gels to help with minor skin irritation, itching, redness and mild blemishes, including bases that may improve the appearance of red and blotchy skin. All compounded medications require a prescription from your health care provider.

Reference:

<https://www.oregonclinic.com/about-us/blog/tips-dealing-maskne>



***Ask our compounding pharmacist for more information about customized medications to meet your specific needs.***

# Jennifer Burch, Pharm.D. featured in NCPA's America's Pharmacist August 2020 issue.

Our own pharmacist-owner, Jennifer Burch, Pharm.D. was featured in NCPA's America's Pharmacist August 2020 issue discussing how compounding pharmacists help create medications to keep our pets healthy and happy. Her dogs Cookie and Zoey were also pictured. Let us know if you would like to learn more about compounded animal medications.



## PLEASE NOTE: CURBSIDE PICKUP

Please remember, we have curbside pick-up available due to the Coronavirus. Our hours are from 9-5:30 Monday-Friday with a break from 12:30-1 for lunch. Call or text us at 919-484-7600 when you arrive. Thanks for your patience.

## 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 FACEBOOK](#)

[REVIEW US ON GOOGLE](#)

### ASK US ABOUT OUR WEIGHT LOSS PROGRAMS

We offer a physician managed program for patients who find weight loss exceptionally difficult.

[READ MORE](#)



### REMINDER MESSAGE ABOUT CONSULTATIONS:

Central Compounding Center offers one on one personal consultations with Jennifer Burch, PharmD, CDE, CPP, who is experienced and specially trained in customized hormone therapy. Hormone consultations are by appointment only, and are \$175. **Call Mary, our Patient Care Coordinator, to schedule your appointment.**

### HORMONE TESTING

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



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

