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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

Compounding for Complications of Diabetes

According to the CDC, 34.2 million Americans, approximately 1 in 10, have diabetes. Approximately 1 in 3 have prediabetes. Individuals with diabetes require lifestyle changes as well as regular management of their health. Diabetes affects everyone differently and compounding can help individualize management solutions and make treatment adjustments as needed.



Multiple types of diabetes exist and being that it is a chronic condition, individuals are more prone to ancillary illnesses and health complications. Diabetes lowers or blocks the body's ability to produce insulin. Insulin resistance is what causes several health complications associated with the disease. When medications are selected or changed within an individual's treatment plan, special care must be taken. For optimal management of diabetes, the individual, pharmacist, and medical practitioner need to work together.

Knowing the possible diabetes-related disorders, their causes, and ways to prevent them is the first line of defense. Diabetes impairs the immune system which can allow other health conditions to develop. Most individuals with diabetes are on numerous medications, including medications to control the disease as well as medications to treat related disorders and associated symptoms. Our compounding pharmacist can help you and your physician create a customized treatment plan based on your specific needs.

Examples of Diabetes-Related Disorders:

- Skin conditions, such as fungal or bacterial infections
- Nerve pain/Peripheral neuropathy

- Kidney disease
- Heart disease
- Foot problems
- Eye problems

Managing diabetes requires medications, managed diet, exercise, and possibly nutritional supplements. Our compounding pharmacy can discuss your medication challenges and needs not being met. Sometimes commercially available medications contain ingredients that cause unwanted side effects or are in an undesirable dosage form. We can compound your needed medication in a form that you can tolerate. Our pharmacy also offers a selection of high-quality nutritional supplements that may also support overall wellness.

Examples of compounded medications for diabetes-related disorders:

- Combination transdermal creams for diabetic neuropathy. Many times, a combination of medications is needed to offer relief. A combination of active ingredients in a transdermal cream can be easier to use, reduce unwanted side effects from oral dosing and medication dependence.
- Topical treatments for skin conditions can offer solutions and comfort.
- Innovative wound care options to speed the healing process and improve circulation.

If you or a loved one is dealing with diabetes or complications from diabetes, our compounding pharmacist can be a critical part of the care team. Discuss the challenges you are experiencing, and our pharmacist can work with you and your medical practitioner to find a solution.

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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](#)

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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, who is experienced and specially trained in customized hormone therapy. Hormone consultations are by appointment only, and are \$175.

HORMONE TESTING

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



Call Mary, our Patient Care Coordinator, to schedule your appointment.



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



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