



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

Chronic Pain, Inflammation & Treatment Options for Women

If you've been diagnosed with conditions like endometriosis, adenomyosis, or fibromyalgia, you may feel like you're dealing with several separate issues. But for many people, these conditions may actually be connected.

Instead of being isolated problems, they can be part of a bigger picture, where different systems in the body are under stress and not working together as they should.



Looking at the Bigger Picture

Some people with chronic pain also experience symptoms like:

- Fatigue or brain fog
- Digestive issues
- Dizziness or changes in heart rate
- Sensitivity to medications or certain ingredients

These symptoms can sometimes be linked to interactions among the immune system, nervous system, and connective tissues.

In some cases, this may involve:

- Mast cell activation, which can affect inflammation and allergic-type responses
- Nervous system imbalance, such as dysautonomia
- Joint hypermobility, which affects how the body's connective tissues function

Understanding these connections can help guide more personalized care.

Why Inflammation Matters

Inflammation plays a role in many chronic conditions. While some inflammation is normal, ongoing inflammation can contribute to symptoms like pain, fatigue, and hormonal changes.

Factors that may influence inflammation include:

- Gut health and digestion
- Diet and environmental exposures
- Stress and sleep patterns
- Hormonal changes

Hormones & Life Changes

Hormonal shifts, such as during perimenopause or menopause, can also impact how your body feels and functions.

You may notice:

- Changes in energy levels
- Sleep disruptions
- Weight changes
- Mood or focus challenges

These changes are often connected to how different systems in the body work together.

Personalized Treatment Options

Because every person is different, some patients benefit from more individualized approaches—especially if they've had trouble tolerating standard medications.

Depending on your needs, your healthcare provider may consider options such as:

- Low-dose naltrexone (LDN), which is being studied for its potential role in supporting immune balance
- Hormone therapy, tailored to your individual needs
- Targeted therapies that support the body's response to inflammation

These options are not right for everyone and should always be discussed with your provider.

How Our Compounding Pharmacy Can Help

For patients with sensitivities or unique needs, compounded medications can offer more flexibility.

Our compounding pharmacy can:

- Customize doses based on your specific needs
- Provide different forms of medication (such as creams, capsules, or liquids)
- Avoid certain dyes, fillers, or preservatives that may cause sensitivities
- Combine medications when appropriate to simplify your routine

This approach may be helpful if you:

- Have allergies or sensitivities
- Need a specific dose not commercially available
- Prefer a different way to take your medication

You're Not Alone

If you're dealing with chronic pain or complex symptoms, it's important to know that your experience is valid and that there may be multiple factors involved.

A more personalized, whole-body approach may help you and your provider better understand what's going on and explore options that fit your needs.

We're Here to Support You

Our compounding pharmacy works alongside you and your healthcare provider to help find solutions tailored to your individual needs.

If you have questions about your medications or want to learn more about customized options, our team is here to help.

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 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, 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

Central Compounding Center South | 2609 N Duke St Suite 103 | Durham, NC 27704 US

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