



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

Understanding Subclinical Hypothyroidism: Causes, Challenges, and Solutions

Subclinical hypothyroidism is a subtle yet impactful condition marked by an elevated thyroid-stimulating hormone (TSH) level, while thyroid hormone levels remain within the normal range. Though often considered mild, this condition can significantly affect overall health, including metabolism, energy levels, and weight management.



Despite normal thyroid hormone levels, many individuals with subclinical hypothyroidism experience symptoms such as fatigue, weight gain, difficulty losing weight, cold sensitivity, and mood changes. These symptoms can often be misattributed to other factors, delaying diagnosis and treatment.

A critical aspect of managing subclinical hypothyroidism is ensuring proper absorption of thyroid medications. Absorption can be influenced by:

- **Gastrointestinal Health:** Conditions like celiac disease, H. pylori infections, or irritable bowel syndrome (IBS) can impair the body's ability to absorb thyroid medications.
- **Dietary Interactions:** Certain foods and supplements, such as calcium, iron, and high-fiber foods, may interfere with the absorption of thyroid hormones if taken too close to medication.
- **Timing of Medication:** Taking thyroid medications on an empty stomach and

avoiding other medications or supplements within a specific timeframe can enhance absorption.

These factors underline the importance of personalized care and guidance from healthcare providers to optimize thyroid treatment.

Our compounding pharmacist can help provide tailored solutions for individuals with subclinical hypothyroidism. Compounding can address absorption issues and improve therapeutic outcomes by customizing thyroid medications, such as T3/T4 combinations or alternate delivery formats (e.g., liquid or slow-release capsules). For patients who are sensitive to fillers or additives in commercial medications, compounded formulations may be a viable option to consider.

Subclinical hypothyroidism often slows metabolism, making weight loss challenging even with a healthy diet and exercise. Optimizing thyroid hormone levels through proper treatment can enhance energy, improve metabolism, and support weight management efforts.

Managing subclinical hypothyroidism requires regular monitoring of thyroid function, lifestyle adjustments, and a patient-centered approach to treatment. Collaboration between healthcare providers, pharmacists, and patients helps ensure that individual needs are met, enabling improved thyroid health and overall quality of life.

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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