



6224 Fayetteville Road
Durham, NC 27713
919.484.7600



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

Men's Health and Wellness

As we recognize Men's Health Month, it is important to help the men in our lives maintain their overall health and wellness by increasing awareness of preventable health problems and encouraging early detection and treatment of disease. It is important for men to schedule appointments with their medical practitioners for regular checkups. In addition, men need to educate themselves about ways to maintain and improve their health. Our pharmacist can be an integral part of the healthcare team and can work with men and their medical practitioners to meet wellness goals.

Improving men's health starts at home with individuals and families taking steps to live safer and healthier lives. The biggest threats to men's health can often be prevented. The most common male health threats are

- Heart disease
- Cancer
- Accidents
- Chronic lower respiratory diseases
- Stroke
- Type 2 diabetes
- Suicide

How can our Compounding Pharmacy help Support Men's Health?

We understand that men have unique mental and physical needs, especially as they age. Our pharmacy can be part of a man's health and wellness journey by discussing hormone therapy, urological conditions, disease prevention, and lifestyle choices.

Customized Hormone Therapy

Testosterone is a primary male hormone that peaks during adolescence and early

adulthood. As men age, testosterone levels gradually decline — typically about 1% a year after age 30. This decrease in testosterone levels is commonly referred to as “male menopause” or “andropause”. Low levels of testosterone can be related to changes such as gradual loss of energy, loss of muscle mass, loss of mental focus, increased fat, decreased stamina, loss of libido, and decreased sexual function.



Our pharmacist can work with men and their doctors to measure testosterone and other hormone levels. We understand that all men cannot be treated the same. Various doses and dosage forms can offer different results when treating a man with low testosterone. We discuss the individual’s lifestyle and symptoms to help determine the best option for each man. In the past, injections were most commonly used for testosterone supplementation, but in recent years other dosage forms have also been found to offer convenience and sometimes better outcomes. Alternate therapies may include sublingual, topical, or transdermal. Our compounding pharmacist can discuss options with you and your physician.

Nutritional Supplements

In general, people do not obtain all the nutrients they need through the foods that they eat, so taking quality nutritional supplements can help to improve overall wellness. Some supplements are specifically beneficial for men.

Studies have shown that men with low testosterone levels could benefit from supplementing with magnesium, vitamin D, and zinc. Low levels of these nutrients strongly correlate with testosterone levels. Our pharmacy carries high-quality nutritional supplements and can help you determine which supplements may be beneficial for you.

[Biological Trace Elements Research, 140\(1\), 18–23.](#)

[European Journal of Endocrinology, 166\(1\), 77–85.](#)

<https://www.sciencedirect.com/science/article/abs/pii/S089990079680058X?via%3Dihub>

Lifestyle Choices

Understanding health risks is one thing; taking action to reduce these risks is another. Make healthy living a part of your daily routine and consider following healthy lifestyle choices.

- Do not smoke and avoid exposure to secondhand smoke. Ask us about options for smoking cessation.
- Eat a healthy diet and maintain a healthy weight.
- Manage high cholesterol and high blood pressure and keep your blood sugar under control. Our pharmacist can help.
- Include physical activity in your daily routine.
- Get enough sleep. Insufficient sleep is associated with several chronic diseases and conditions, such as diabetes, cardiovascular disease, obesity, and depression.
- Limit alcohol.
- Manage stress. Ask us about adrenal support.
- Minimize exposure to chemicals and outdoor air pollution.
- Take early detection seriously and get regular health screenings.

**Our compounding pharmacist will work together with each man and his physician to customize a treatment plan to help improve the health of the men in your life!
Ask our pharmacist how we can help.**

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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](#)

[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

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