



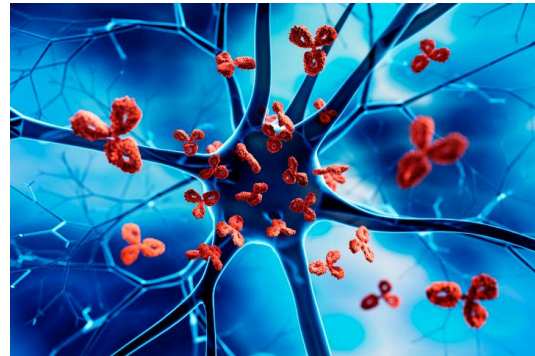
## WELCOME TO OUR MONTHLY NEWSLETTER

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 Autoimmune Diseases

Autoimmune diseases are more common than many people realize. According to the National Institutes of Health, more than 24 million people in the United States are affected by autoimmune conditions. Even more surprising, there are over 100 different autoimmune diseases.



### What Is an Autoimmune Disease?

Your immune system is designed to protect your body from harmful invaders like bacteria, viruses, and other pathogens. However, in people with autoimmune diseases, the immune system mistakenly attacks healthy cells and tissues.

Some autoimmune diseases affect a specific part of the body, while others can impact multiple organs or systems.

Some of the most common autoimmune diseases include:

- Rheumatoid arthritis
- Hashimoto's thyroiditis
- Multiple sclerosis
- Type 1 diabetes
- Lupus
- Psoriasis
- Inflammatory bowel disease
- Graves' disease
- Sjögren's syndrome

## Who Is at Risk?

Researchers are still working to understand exactly why autoimmune diseases occur, but several factors may increase risk.

Women are affected more often than men, and many autoimmune conditions develop between the ages of 15 and 44. Family history can also play a role, meaning individuals with relatives who have autoimmune diseases may have a higher risk.

Diet, stress, and environmental factors may also influence inflammation and immune system responses.

## Common Symptoms to Watch For

Autoimmune diseases can be difficult to diagnose because symptoms often appear gradually and may come and go. Some people experience symptoms for several years before receiving a diagnosis.

Common symptoms may include:

- Persistent fatigue
- Muscle or joint aches
- Skin rashes or redness
- Low-grade fever
- Numbness or tingling in the hands and feet
- Hair loss

Many autoimmune diseases also involve periods of flare-ups, when symptoms worsen, followed by periods of remission when symptoms improve.

## Getting Evaluated

If an autoimmune condition is suspected, healthcare providers may recommend blood tests such as the antinuclear antibody (ANA) test, which can help identify abnormal immune activity. Additional testing may then be used to determine the specific condition.

## Supporting Overall Wellness

While autoimmune diseases often require medical care, lifestyle habits may help support overall immune balance. Some people benefit from:

- Reducing stress through exercise or relaxation techniques
- Getting consistent, quality sleep
- Maintaining a balanced diet
- Identifying foods that may trigger inflammation

If you are experiencing ongoing fatigue, joint pain, or other unexplained symptoms, consider speaking with a healthcare professional to explore possible causes.

***Understanding your immune health is an important step toward supporting your long-term wellness.***

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## 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.

**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

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