



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

Solutions for Hair Loss

Androgenic Alopecia is the most common type of hair loss that affects up to 70% of men and 40% of women. Men experience hairline recession and hair loss on the upper surface of the head as early as their 20s, whereas women have scattered thinning of hair all over their scalp in their 40s or 50s. This type of hair loss is caused by dihydrotestosterone (DHT) attacking hair follicles and causing the hair to fall out and stop growing. Genetics also plays a role in androgenic alopecia, but it is a myth that hair loss comes from only your mother's side of the family.



Although androgenic alopecia is the most common type of hair loss, other contributing factors to hair loss can include poor nutrition, stress, and certain medications. No matter the cause, the sooner the issue is addressed the better outcome. Since hair loss is progressive, treatments to stop hair loss are typically more successful than treatments to reverse it.

Currently, the two treatments available that are approved by the FDA are Finasteride (Propecia®) and Minoxidil (Rogaine®). Propecia® is an oral treatment that can only be used by men and has significant side effects. Rogaine® is topically applied to the scalp and is most effective when applied during the initial onset of alopecia. Compounding allows us to combine FDA-approved active ingredients to create customized options to treat, prevent, and possibly reverse hair loss due to androgenic alopecia. Since hair loss can be due to various causes, our pharmacy can compound a treatment option created specifically for an individual and their unique hair type and needs. Hair follicles have a complex biology, and many variables need to be addressed in order

to obtain optimal treatment outcomes. Some of our most common formulations include:

- Minoxidil is a vasodilator that dilates blood vessels to help grow new hair and it can be compounded in any strength.
- Finasteride is a 5-alpha reductase inhibitor that helps block the body's production of male hormones. If compounded in topical forms, it can avoid unwanted side effects of oral forms.
- Hormones such as estradiol and progesterone help to keep hair in the growing phase which means hair stays on the head longer and may even cause hair to grow faster.
- Biotin is a water-soluble B vitamin that helps prevent hair loss
- Fluocinolone is a topical steroid commonly used to treat eczema and other skin conditions, however, its anti-inflammatory properties may help prevent hair loss.
- Retinoic acid may be used in combination with help with minoxidil to improve absorption.
- Spironolactone is an anti-androgen drug that can only be used in women to suppress androgen production.

Our pharmacist will work with you and your practitioner for a holistic solution to your hair loss. We will review your lifestyle to determine if modifications are needed as well as current medications to create a customized solution to best suit you.

<https://pubmed.ncbi.nlm.nih.gov/30253001/>

<https://pubmed.ncbi.nlm.nih.gov/30974011/>

<https://pubmed.ncbi.nlm.nih.gov/32023218/>

<https://pubmed.ncbi.nlm.nih.gov/27424565/>

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PLEASE NOTE: CURBSIDE PICKUP

Please remember, we have curbside pick-up available. 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.

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

