



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

Options for Vaginal Dryness

Women of various stages of life can experience vaginal dryness. Vaginal dryness occurs when there is a drop in estrogen levels and can lead to painful intercourse, yeast infections, UTIs, and discomfort throughout the day. Breastfeeding mothers, menopausal women, and women undergoing chemotherapy most commonly experience vaginal dryness.

Compounding a preparation to treat vaginal dryness can offer a variety of options for women. Estradiol (primary form of estrogen) creams and gels are most commonly used, however, can be problematic if not balanced with progesterone or if a woman has had estrogen-dependent cancer. Estriol (the weaker form of estrogen produced during pregnancy) and oxytocin are alternative options for women who are not ideal candidates for estradiol. Our compounding pharmacist will work with a woman and her physician to tailor the dose, dosage form, and active ingredient to best suit the individual patient. Treatment can also be adjusted as a woman's needs change. Compounded vaginal preparations can be made without vaginal irritants and chemicals that may be present in commercially available medications.



A study was conducted to assess the effect of vaginal oxytocin gel in postmenopausal women. 96 postmenopausal women who reported symptoms of vaginal dryness and sexual dysfunction were split into two groups, 48 received oxytocin vaginal gel, and 48 received placebo. At the conclusion of the study, the women receiving oxytocin reported significant improvement in their symptoms.

Another treatment option is ultra-low dose estriol vaginal gel. A total of 167 women were included, 114 received estriol, and 53 received placebo. The estriol gel patients showed great improvement in all vaginal signs evaluated. When considering therapies, estriol vaginal gel was shown to be a promising option for treating postmenopausal vaginal dryness.

https://journals.lww.com/menopausejournal/Abstract/2012/10000/The_therapeutic_effect_of_a_new_ultra_low.14.aspx

Our pharmacist can also suggest nutritional supplements that may help with vaginal dryness and enhance lubrication, including:

- Vitamin E
- Vitamin D
- Hyaluronic Acid
- Omega-3 Fatty Acids
- DHEA

Talk to our pharmacist to find out how our compounding pharmacy can create a treatment that is individualized for your stage of life and health history.

Uberlube - Simple, High-Quality Ingredients

At Central Compounding, we also carry Uberlube. Uberlube is a high-end luxury lubricant that is available over the counter without a prescription. Uberlube feels silky, not sticky, and performs as long as you're using it. When Uberlube stops being manipulated, it starts to dissipate, leaving skin soft and moisturized, never wet or sticky.



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.

REMINDER MESSAGE ABOUT CONSULTATIONS:

Central Compounding Center offers one on one personal consultations with Jennifer Burch, PharmD, CDE, who is

HORMONE TESTING

We provide ZRT test kits to help us customize your hormone therapy specifically for you!

READ MORE



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.



HOURS: Monday - Friday 9am - 5:30pm
Closed for lunch 12:30pm - 1pm
Closed Saturday and Sunday

