



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

The Importance of Estrogen for Women's Health

Estrogen plays a vital role in the female body, with over 400 functions that affect everything from bone health to mood regulation. As women approach menopause, fluctuating estrogen levels can lead to a variety of symptoms, making the role of Hormone Replacement Therapy (HRT) a crucial consideration for many.



Understanding Hormone Replacement Therapy (HRT)

In recent years, research has shifted perspectives on HRT. Studies now suggest that the benefits often outweigh the risks when HRT is started around the time of menopause. Both the North American Menopause Society (NAMS) and the American College of Obstetricians and Gynecologists (ACOG) support individualized HRT plans to help manage menopausal symptoms.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6349559/>

Why Is Estrogen Important for Women?

Estrogen is essential for many aspects of health and well-being. It helps to support bone density, cardiovascular health, skin elasticity, cognitive function, and even mood stability. Here's how estrogen helps:

- Bone Health: Estrogen aids in maintaining bone density, reducing the risk of

- osteoporosis in postmenopausal women.
- Heart Health: It helps to improve cholesterol levels by raising HDL (good cholesterol) and lowering LDL (bad cholesterol), which can help to protect against heart disease.
- Skin: Estrogen helps boost collagen production, contributing to skin elasticity and hydration, which can slow the appearance of aging.
- Cognitive Function: Estrogen helps support brain health, helping to maintain memory and reduce the risk of neurodegenerative diseases.
- Mood and Mental Health: It helps influence neurotransmitters like serotonin, which are key for mood regulation.
- Metabolic Health: Estrogen helps with weight management and fat distribution, areas that can be challenging during menopause.
- Hair and Nails: It promotes the growth of healthy hair and nails by supporting keratin production.

Balancing Hormones for Better Health

Maintaining the right balance of estrogen is vital for overall health. Both deficiencies and excesses can cause health challenges, so it's important to monitor and manage hormone levels for optimal well-being.

If you're experiencing symptoms of menopause or want to learn more about how HRT could improve your quality of life, consult with a healthcare professional and our pharmacist to discuss your options.

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.

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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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