

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

As we begin to settle back into our fall routines, it is important to keep your health a top priority. Our pharmacy can help you to deal with common health concerns this season and all year round! Talk to our pharmacist today about your health goals and concerns.

Learning to Deal with Stress

Stress is a normal part of life, however ongoing worry, and fear for long periods of time can negatively impact one's mental and even physical health. Understanding the types of stress and determining a healthy way to deal with stress is key to maintaining a healthy balance. When stressed, people can experience feelings of fear, anxiety, anger, and overwhelm that can cause physical pain, emotional distress, or cause extreme behaviors. The main types of stress are acute, episodic



acute, and chronic. Acute stress is caused by an unexpected event, such as a traumatic experience or a death of a loved one. Episodic acute stress is repeated episodes of acute stress, which is common when people take on more than they can reasonably handle. Finally, chronic stress is when a person is stressed continuously for a prolonged period of time. When someone is chronically stressed, their body is overly stimulated, and the brain begins to break down which eventually causes physiological and psychological issues. Mental stress can impact nearly every system of the body and can affect performance throughout the day. It is essential that a person recognizes their stress triggers and learns methods to cope with stress when it cannot be avoided. Our pharmacist can help

determine if additional testing is required or help with customized medications or quality supplements to help support a healthy stress response.

Seasonal Allergies Don't End when Fall Begins

Spring is most commonly associated with allergy season; however, fall is also an allergy season for many people. Common causes of fall allergies can include mold spores, ragweed, and mites. Mold spores grow in areas with high moisture levels and moderate temperatures during the fall. Various plants are included in the ragweed family, and ragweed releases pollen in the fall causing itchy eyes and wheezing. Mites are most prominent in the summer months, however, heat



systems inside a home can also attract them. If you or a member of your family suffer from seasonal allergies, it is best to minimize outdoor activities and keep your home clean during the peak pollen season. The main signs that you suffer from seasonal allergies are runny nose, sneezing, coughing, itchy and watery eyes, and sometimes a sore throat from post-nasal drip. An allergist can help you to determine the triggers of fall allergies and provide prescription strength antihistamines. Often, the best therapy for allergies is prevention. Some key nutritional supplements are omega-3 fatty acids to help manage symptoms, probiotics to maintain gut health, and B vitamins which help protect from airborne allergens. Our pharmacy can provide customized prescription options and professional quality nutritional supplements to help weather allergic reactions during the fall.

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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

REMINDER MESSAGE ABOUT CONSULTATIONS:

Central Compounding Center offers one on one personal

HORMONE TESTING

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

program for patients who find weight loss exceptionally difficult.

READ MORE



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.



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

