

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.

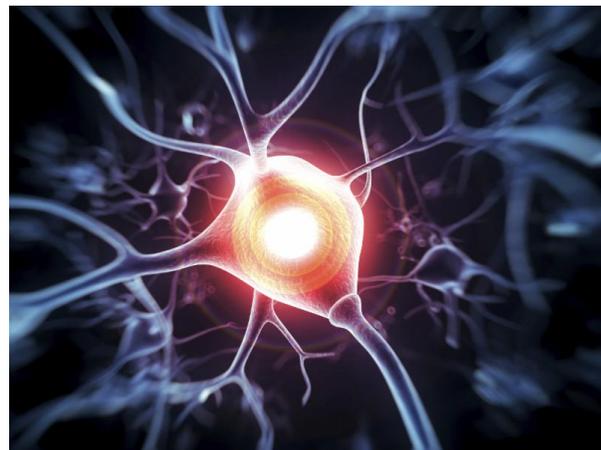
Sincerely,
Jennifer L. Burch, Pharm.D., CDE

What is Inflammation?

Inflammation is a natural response to an irritant and includes many chemical reactions that help fight off infections or heal an injury. Responses include increased blood flow to areas that need healing and pain to signal that something is wrong in the body. Inflammation is good if resolution occurs, however it can become destructive if the issue continues to be unresolved.

Symptoms of acute inflammation:

- Redness
- Heat
- Swelling
- Pain
- Loss or reduced function/mobility



Chronic, low-grade inflammation that is not causing pain, can contribute to chronic health problems and can itself become a disease. Low-grade inflammation can keep the body's tissues from properly repairing and can also destroy healthy cells in arteries, organs, joints, and other parts of the body. Chronic inflammation impacts many people and can be complex to resolve.

Examples of medical conditions linked to chronic inflammation:

- Alzheimer's disease
- Asthma
- Cancer
- Chronic pain
- Cystitis
- Dermatitis

- Type 2 diabetes
- Heart disease
- Inflammatory bowel disease (Crohn's disease or ulcerative colitis)
- Lung diseases (emphysema & bronchitis)
- Stroke
- Rheumatoid arthritis
- Lupus
- Scleroderma

Inflammation Treatment

Inflammation does not always require treatment. When inflammation is acute, comfort can be achieved with rest, ice, and proper wound care.

A doctor may prescribe non-steroidal anti-inflammatory medications (NSAIDs), such as ibuprofen (Advil®), aspirin (Bayer®), or naproxen (Aleve®), or a topical NSAID cream that can be applied to a specific location to target the inflammation. These options are not long-term solutions but offer immediate relief. Chronic inflammation requires guidance from health professionals and lifestyle modifications. Our compounding pharmacy has successfully helped individuals find the source of their inflammation and customized solutions to offer relief and resolution.

One promising treatment for chronic inflammation is low-dose naltrexone (LDN). LDN is a mu-opioid receptor antagonist that inhibits the proliferation of T and B cells and blocks Toll-like receptor 4 which provides an analgesic and anti-inflammatory effect in the body. It has shown promising results in a multitude of inflammatory diseases.

<https://pubmed.ncbi.nlm.nih.gov/29377216/>

Certain vitamins (vitamin A, vitamin C, vitamin D) and supplements (zinc, turmeric, resveratrol, bromelain, green tea extract, fish oil/omega-3s) may help reduce inflammation and enhance repair to the body. Healing the gut can also be a key part of treating chronic inflammation. Ask our pharmacist about our professional-grade vitamins and supplements and can help you select the products that will best suit your individual needs.

Long-Term Resolution & Prevention Inflammation

- Achieve and maintain a healthy weight
- Avoid or quit smoking
- Exercise regularly
- Get good quality sleep
- Limit alcohol intake
- Manage physical, mental, and emotional stress
- Eat anti-inflammatory foods
 - Oily fish such as mackerel, salmon, or sardines.
 - Leafy greens like spinach and kale.
 - Olive oil.
 - Spices such as turmeric, ginger, and garlic

Ask our pharmacist how we can help you to address your health challenges.

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PLEASE NOTE: CURBSIDE PICKUP

Please remember, we have curbside pick-up available due to the Coronavirus. 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.

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

