



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

Why is Compounding Essential?

Compounded medications allow for customized, flexible, and precise dosing and are necessary when an FDA-approved medication is not available or appropriate, or when it would be helpful to modify the commercially available strength or route of administration.



Compounded medications are essential when a customized dose or an allergy-causing ingredient is in a manufactured drug. The increasing need for compounded medicines is related to numerous factors, such as:

- limited commercially available doses and dosage forms
- drug shortages or discontinued commercial medicines.

Drug shortages are increasing, and access to important medications may result. As of November 2022, the FDA lists 206 discontinued medications, many of which can be substituted with a compounded medicine.

When medications become temporarily unavailable or are discontinued, our pharmacy can use the highest available grade of ingredients to formulate needed medications in the optimal strength and dosage form. Our compounding laboratory contains equipment that is not found in most pharmacies. We consider the physical and chemical properties of all ingredients in order to prepare customized medications with the proper consistency, stability, texture, color, and taste.

Compounds are essential for people who cannot swallow tablets and capsules and would benefit from medications in a liquid or topical dosage form that is not commercially available.

- Children can be sensitive to the taste and smell of medications and parents and

caregivers often struggle to give medication to children. Specialized dosage forms such as lollipops or gummies or the use of kid-friendly flavors can help increase compliance.

- Geriatric health problems are chronic rather than acute, so medications are often taken for life. To simplify medication schedules and improve compliance, compounding professionals can combine multiple compatible medications into a single dosage form.
- Medications can also be prepared for those on special diets such as gluten-free, sugar-free, casein-free, vegetarian, vegan, or Kosher diets.

Examples of customized dosage forms:

Transdermal and topical formulations may offer significant advantages to oral dosage forms. When a patient has difficulty swallowing, we can often formulate the needed drug as a transdermal gel or cream. Transdermal administration is an option used for patients who are nauseated or have a chronic illness and is often preferred by pets and their owners, as well

Lip balms, nasal or sublingual sprays, non-aerosol topical sprays, creams, gels, and ointments can be used to apply the medication directly to the affected site.

Troches, lozenges, freezer pops, and lollipops can be flavored and compounded to contain numerous medications and can be dispensed in child-resistant containers. These are ideal dosage forms for children or patients who have difficulty swallowing, or when a medication (such as an anti-fungal drug) needs to be held in contact with the oral mucosa.

Suppositories remain a popular dosage form. Unique designs such as the “rectal rocket” facilitate simultaneous internal and external administration of medications to treat hemorrhoids and other conditions.

If a needed medication is no longer commercially available due to shortages or was discontinued for non-safety reasons, contact our compounding pharmacy. We welcome the opportunity to work with you and your doctor to create a customized solution.

References:

<https://www.uspharmacist.com/article/pros-and-cons-of-pharmacy-compounding-Pharmaceuticals> (Basel). 2022 Aug 31;15(9):1091. doi: 10.3390/ph15091091.

<https://blog.cureatr.com/medication-adherence-vs-compliance-4-ways-they-differ>

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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. Thank you.

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

