

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

Breast Cancer Awareness

October is National Breast Cancer Awareness Month. Early detection of breast cancer often improves the outcome of treatment. Therefore, make sure you and the women you know do self-exams each month, report any unusual bumps or changes in the size of the breast, and are regularly screened for breast cancer. Ask our pharmacist how various types of hormones may affect your risk of breast cancer. We know that survival is the goal but often not the end of a



woman's journey with breast cancer. Quality of life is so important, and treatment may cause ongoing unpleasant side effects, plus cancer survivors often live in fear of recurrence. Women who have had breast cancer may be suffering but don't want to complain because they are grateful to be alive. If you or someone you love has ongoing problems after chemotherapy or radiation (such as discomfort, weight gain, fatigue, mental cloudiness, mood swings, or gastrointestinal upset), talk to our pharmacist.

Vaginal Health in Menopausal Women

Genitourinary Syndrome of Menopause (GSM) is a term introduced by the International Society for the Study of Women's Sexual Health and the North American Menopause Society in 2014. GSM is caused by estrogen deficiency and is associated with vaginal symptoms such as dryness, burning, irritation, and sexual symptoms such as discomfort or pain, and impaired sexual function. This condition, previously known as atrophic vaginitis

or vulvovaginal atrophy (VVA), may also be accompanied by urinary incontinence, dysuria, and frequent urinary tract infections. Signs include loss of pubic hair and scratching lesions due to itching. GSM can occur following radiation therapy or chemotherapy, or in women who have had an oophorectomy or who are receiving antiestrogen medication.

GSM is experienced by up to 90% of postmenopausal women and is even more pervasive in women with cancer, yet this chronic condition is still under-diagnosed and under-treated. GSM tends to worsen throughout the years after menopause or cancer and it requires prompt and long-term therapy to achieve good results. "Understanding the scope of this issue in female breast and gynecologic cancer survivors and identifying treatment options for this complex patient population are paramount." First-line treatment consists of nonhormonal therapies such as lubricants and moisturizers, while hormonal therapy with local estrogen products is generally considered the "gold standard". Oxytocin vaginal gel, which can help improve the symptoms of vaginal atrophy and reduce vaginal pH is an option for women who have a contraindication for hormone therapy.

Our pharmacist can work with you and your medical practitioner to determine the optimal treatment option based on your symptoms and medical history.

[Medicina \(Kaunas\). 2019 Sep 20;55\(10\):615.](#)

[Cureus. 2020 Apr; 12\(4\): e7586.](#)

[BMC Womens Health. 2020 May 19;20\(1\):108.](#)

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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

HORMONE TESTING

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

appointment.



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

