



CENTRAL
COMPOUNDING
CENTER
— South —



6224 Fayetteville Road
Durham, NC 27713
919.484.7600



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Hours

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

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, CPP

Stressed out?

Stress is the body's physical, mental, and emotional response to change. Stress is a normal part of life. Even positive life changes such as a promotion or the birth of a child produce stress. The human body is designed to experience stress and react to it. Stress can be positive, keeping us alert, motivated, and ready to avoid danger. Stress becomes negative when a person faces continuous challenges without relief or relaxation between stressors.



Persistent stress disturbs the body's internal balance, leading to physical symptoms such as headaches, an upset stomach, elevated blood pressure, chest pain, sexual dysfunction, trouble sleeping and emotional problems. Stress is linked to 6 of the leading causes of death: heart disease, cancer, lung ailments, accidents, cirrhosis of the liver, and suicide. When stressed individuals engage in compulsive behaviors or substance abuse in an attempt to relieve their stress, it only causes more problems and the distressed person becomes trapped in a vicious cycle.

The Cleveland Clinic offers the following tips for reducing stress:

- Keep a positive attitude.
- Accept that there are events that you cannot control.
- Assert your feelings, opinions, or beliefs instead of becoming angry or defensive.
- Learn and practice relaxation techniques such as meditation, yoga, or tai-chi.
- Exercise regularly.
- Eat healthy, balanced meals.

Our pharmacist is here to help! We are offering \$20 off our Saliva Hormone Test kits for the next 10 days!

Our pharmacists can also develop a supplement regimen to improve the way you feel!

<https://my.clevelandclinic.org/health/articles/stress>

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**SAVE
\$20**

**Find out if your
hormones
are out of
balance.**



Offer Expires 02/23/2018

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. Thank you for your time.

[Review us on Facebook](#)

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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, CPP, who is experienced and specially trained in customized hormone replacement therapy. HRT consultations are by appointment only, and are \$175. Call Mary, our Patient Care Coordinator, to schedule an appointment.



Hormone Testing

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