

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, CPP

Diabetic Neuropathy

Diabetic neuropathy is nerve damage, a serious complication that may affect up to 50% of people with diabetes. Over time, high blood glucose levels and high levels of fats such as triglycerides in the blood can damage your nerves. Symptoms depend on which type of diabetic neuropathy you have.



Peripheral neuropathy is the most common type of nerve damage that typically affects the feet and legs and sometimes affects the hands and arms.

Autonomic neuropathy is damage to nerves that control internal organs, leading to problems with heart rate and blood pressure, digestive system, bladder, sex organs, sweat glands, and eyes. The damage can cause people to be unaware of their low blood sugar.

Focal neuropathies are conditions which typically are caused by damage to single nerves, most often in the hand, head, torso, or leg. The most common types of focal neuropathy are entrapment syndromes, such as carpal tunnel syndrome.

Proximal neuropathy is a rare and disabling type of nerve damage in the hip, buttock, or thigh. The damage typically affects only one side of the body and symptoms gradually improve over a period of months or years.

You may be able to prevent diabetic neuropathy or slow its progress with consistent blood sugar management and a healthy lifestyle. Supplements such as Vitamin B6 are known to help diabetic neuropathy, and Alpha Lipoic Acid (ALA) seems to reduce symptoms of peripheral neuropathy. Ask our professional staff for recommendations.

While symptoms may be mild for some people, diabetic neuropathy can be debilitating to others. If you experience pain, talk to our compounding pharmacist about the benefits of topical compounded medications, and use of other medications if your pain is refractory to conventional therapy.

References:

<https://www.niddk.nih.gov/health-information/diabetes/overview/preventing-problems/nerve-damage-diabetic-neuropathies>

<https://academic.oup.com/painmedicine/article/17/4/790/2584099>

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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, CPP, 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

