



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

The Role of Hormones in COVID and Immune Response

Across the world, why are men so much more susceptible to severe outcomes from COVID-19 than women? It has been suggested that estrogen may be protective against COVID-19 in females and/or that androgens (like testosterone) worsen COVID-19 in men. Androgen sensitivity would explain severe cases in female patients who present with metabolic syndrome or polycystic ovary syndrome (PCOS) or who are using birth control methods that include the use of hormones that bind to an androgen receptor (such as levonorgestrel and norethisterone).



Is Estrogen Protective?

Physiological hormones such as estrogens and progesterone can bind to spikes on coronavirus which may interfere with attachment of the virus to stressed cells. These substances may be helpful as anti-COVID-19 agents for people with a high risk of cell stress like the elderly, cancer patients, and front-line medical staff.

Doctors at the Renaissance School of Medicine, Stony Brook University in New York are conducting a randomized trial to determine if the use of a transdermal estrogen patch for 7 days in patients with COVID-19 might reduce the need for intubation in men and women infected with COVID-19. They are recruiting male and female patients who present to their emergency department with signs and symptoms of COVID-19.

Possible Immune Effect of Progesterone

Many of the sickest patients with COVID-19 have high levels of immune system proteins called cytokines in their blood. "Cytokine storm" is an overactive immune response to a viral infection and is one of the most devastating complications of COVID-19 infections, where the body starts to attack its own cells and tissues rather than just fighting off the virus. Cytokine storms are known to happen in autoimmune diseases, during certain kinds of cancer treatment, and can be triggered by infections like the flu. One study of patients who died of H1N1 influenza, for example, found that 81% had features of a cytokine storm.

Researchers have looked at the anti-inflammatory properties of progesterone. Pregnant women, who usually have high levels of progesterone, tend to have mild courses of COVID-19. A new study will assess the use of a short course of progesterone therapy in hospitalized men diagnosed with the novel coronavirus.

For the reasons discussed above, it is essential that women continue their hormone therapy and that hormonal balance is optimized to potentially reduce their risk of serious consequences of COVID-19.

References are available upon request.

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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](#)

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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 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

