

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

Men's Health: Prioritize Wellness and Preventive Care

June is Men's Health Month. It is important to address the unique health challenges men face, especially when it comes to prevention, early detection, and proactive care. Many men delay seeking treatment or skip routine check-ups, which can lead to more serious health concerns. Men are at increased risk for a variety of health issues, including cardiovascular disease, diabetes, certain cancers, and undiagnosed mental health conditions.



Chronic and rare illnesses, including some autoimmune conditions, also require ongoing treatment and monitoring to prevent complications. For men living with these conditions, regular care and adherence to prescribed therapies are essential to maintaining quality of life.

Compounding pharmacies can play a vital role in men's health by offering customized medications and treatment plans designed to support individual needs. Whether it's creating therapies with specific strengths or formulations, addressing medication side effects, or supporting adherence with convenient dosage forms, compounded medications can be a key part of personalized care.

Supporting men's health means focusing on both physical and emotional well-being. This

includes routine screenings, staying active, eating a balanced diet, managing stress, and building strong communication with healthcare providers. Whether you're looking to better manage an existing condition or simply stay on top of your health, small changes today can lead to big impacts tomorrow.

Let our compounding pharmacy be part of your care team and help you stay informed, supported, and ready for whatever comes next.

Understanding Hair Loss While Taking Weight Loss Medications

Hair loss can be a troubling and unexpected side effect for individuals using certain weight loss medications. While these treatments are often effective in supporting weight management and metabolic health, some people may notice thinning hair or increased shedding as part of their journey. Understanding why this happens and what can be done may help individuals navigate these changes



with confidence and care. The exact connection between weight loss medications and hair loss isn't fully understood, but several contributing factors may be at play. To start, many weight loss medications work by reducing appetite, which can lead to a significant decrease in food intake. If a person's diet becomes too limited and essential vitamins and minerals are not supplemented, hair health can suffer. Nutrients like biotin, zinc, iron, and B vitamins are critical for strong, healthy hair. Low iron levels, particularly in women, are also a common but often overlooked contributor to hair thinning. Weight loss medications can interact with hormones that regulate blood sugar and appetite. Any hormonal disruption, including changes in insulin sensitivity or other metabolic signals, can potentially affect the hair growth cycle. Managing weight and adapting to new treatments can be physically and emotionally stressful. Stress is a well-known trigger for temporary hair loss, and the added worry of shedding can compound the issue. If you're experiencing hair loss, it's important to speak with your healthcare provider and our pharmacist. Some potential strategies include nutritional support, topical or oral treatments, gentle hair care, and lifestyle modifications. While this side effect can be disheartening, it doesn't have to be permanent. With the right support and care, most individuals can restore both their confidence and hair health while continuing their weight loss journey. Our pharmacist is happy to discuss options and how we can support you on your weight loss journey and help minimize unwanted side effects.

<https://pubmed.ncbi.nlm.nih.gov/38741261/>

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 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

Central Compounding Center South | 2609 N Duke St Suite 103 | Durham, NC 27704 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!