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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*

## Menopausal? Your Risk of Diabetes is Increased, but Estrogen Therapy May Help!

The hormones estrogen and progesterone affect how your cells respond to insulin. It is known that younger women are less likely than men to develop type 2 diabetes. But after menopause, the trend reverses dramatically, and women are at higher risk of diabetes. Changes in hormone levels can trigger fluctuations in blood sugar levels. High blood sugar levels can worsen problems associated with menopause by contributing to urinary tract and vaginal infections, and diabetes can damage the nerves of the cells that line the vagina and interfere with arousal and orgasm. Having diabetes means that you are have a greater chance of a having a heart attack or stroke.



A recent study pointed out that estrogens help prevent insulin resistance and obesity. Study leader Professor Jacques Philippe, a diabetes specialist, said: "It is important to remember hormonal substitution, when taken at the beginning of menopause and for a few years only,

does not cause any particular risk of cardiovascular events." The study concluded that a woman treated appropriately with hormone replacement therapy is up to 35 percent less likely to develop type 2 diabetes.

***Ask our pharmacist about how we can work together with you and your physician to customize hormone therapy to meet your specific needs.***

<https://www.mayoclinic.org/diseases-conditions/diabetes/in-depth/diabetes/art-20044312>  
JCI Insight. 2018; 3(7):e98569.

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**SCHEDULE A CONSULTATION TO DISCUSS YOUR SPECIFIC NEEDS.**

## 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](#)

[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 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!