

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*

Drug-Induced Nutrient Depletion Correct the Deficiency and Improve Your Life!

Common prescription and over-the-counter medications can deplete your body of vital nutrients which are essential to your health. This drug-induced nutrient depletion (DIND) can be life-changing, and even life-threatening! Nutrient depletion can lead to fatigue, anxiety, depression and insomnia. And even worse – widely-prescribed statins, which are used to reduce cholesterol, deplete coenzyme Q10 (CoQ10). Lack of CoQ10 can weaken the heart and result in left ventricular failure. To treat this problem, drugs known as beta-blockers are prescribed, which can cause more adverse effects. This is an example of how DIND is often not considered as a cause of a symptom or side effect, and therefore instead of treating the nutrient deficiency, more drugs are prescribed.



Here are other common examples of DIND:

- Diuretics used to treat high blood pressure can drain deplete water-soluble nutrients, including B vitamins and minerals such as magnesium, sodium, potassium and zinc.
- Metformin is prescribed to lower blood sugar in people with diabetes, but it also reduces levels of vitamin B12 and folic acid.
- Antacids, histamine-2 receptor antagonists (H2 blockers like ranitidine) and proton-pump inhibitors (PPIs like omeprazole) are commonly used to treat heartburn, gastro-esophageal reflux disease (GERD) and peptic ulcers. These cause a reduction of stomach acid which impairs the breakdown of food and hinders nutrient absorption.

Now the GOOD NEWS! With accurate information (which may require laboratory testing for certain vitamins or minerals), you can avoid nutrient depletion and the resulting side effects, or replace deficient nutrients. And, you may be able to control or prevent chronic diseases such as diabetes, cardiovascular disease and osteoporosis. Don't randomly start taking supplements – seek professional advice and use quality supplements recommended by our knowledgeable pharmacist.

References:

<https://nutritionreview.org/2016/12/practical-guide-avoiding-drug-induced-nutrient-depletion/>

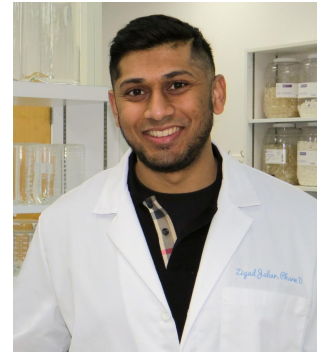
<http://www.naturemade.com/~media/Images/NatureMade/PDF/Health%20Care%20Professionals/HCP%20Updates%20042315/Common%20Drug%20Classes%20and%20Nutrient%20Interactions%20Chart%20FNL.ashx>

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Meet our new pharmacist, Ziyad Jabar, PharmD

Dr. Jabar received his Bachelor's of Science in Biology from The University of North Carolina at Charlotte with a minor in Biotechnology in 2012. He received his Doctor of Pharmacy from Campbell University College of Pharmacy & Health Sciences in 2017. He has a special interest in compounding medications, and has been working at Central Compounding Center South since October 2018.

In his spare time he enjoys fitness and being active, and is constantly at the gym or outdoors. He also enjoys spending time with his family and friends, volunteering, art, music, playing the piano, soccer, and football. He is a Carolina Panthers fan!



Be sure to stop by and say "hello"!

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

