

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

October is Menopause Awareness Month

Menopause is a natural stage of life, but that doesn't mean you have to simply "tough it out." Every woman experiences menopause differently—some notice hot flashes and night sweats, while others struggle with sleep, mood changes, or discomfort from vaginal dryness. These symptoms can affect energy, confidence, relationships, and overall quality of life.



This month is about raising awareness and reminding women that help and relief are possible.

Understanding the Difference Between Perimenopause and Menopause

As women age, hormonal changes are expected—but the terms perimenopause and menopause aren't the same. Understanding the difference can help you better manage symptoms and take steps to protect your long-term health.

- **Perimenopause** – Often begins in a woman's 40s (sometimes earlier). Hormones fluctuate unevenly, leading to irregular periods, hot flashes, night sweats, difficulty sleeping, mood changes, weight gain, or vaginal dryness. Fertility declines, but it is not immediately gone.

- **Menopause** – Officially diagnosed after 12 consecutive months without a menstrual period, usually between the ages 45–55. At this stage, estrogen and progesterone levels remain consistently low. Symptoms may continue or intensify, such as hot flashes, joint pain, bone loss, memory changes, or persistent dryness.

Recognizing which stage you're in can guide your treatment plan—whether you're addressing uncomfortable symptoms, supporting bone and heart health, or exploring preventive strategies.

How our Compounding Pharmacy Can Help

Every woman's journey is unique, and that's why we specialize in customized therapies created in partnership with your healthcare provider.

Our solutions may include:

- **Bioidentical Hormone Replacement Therapy (BHRT):** Tailored doses of estrogen, progesterone, and testosterone to help restore balance.
- **Custom dosage forms:** Creams, capsules, troches, or vaginal therapies for targeted relief.
- **Support for vaginal health:** Moisturizers, estrogen preparations, or low-dose vaginal options to improve comfort and intimacy.
- **Nutritional and integrative support:** Supplements to strengthen bone, heart, skin, and overall wellness during and after the transition.

A Personalized Path Forward

Perimenopause and menopause are milestones—but they don't have to mean discomfort. With the right approach, you can manage symptoms, protect your long-term health, and feel more like yourself again.

Contact us today to learn how our compounding pharmacy can support you at every stage of midlife and beyond.

Consultations with our pharmacist are available by appointment. We will help make recommendations and work with you and your provider to determine next steps.

FIND OUT MORE AND GET STARTED

\$25 OFF
ZRT saliva test kits

The first step of our consultation services is a saliva test. Save \$25 off ZRT saliva test kits through the month of October.



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

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