

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*

## How does a drug that was developed to treat addiction have so many other benefits when taken at a much lower dose?

Naltrexone is a medication approved as a treatment for opioid addiction and alcoholism. In 1985, while working at addiction clinics in New York, Harvard-educated Bernard Bihari, MD, discovered many novel benefits of using low doses of naltrexone (about 4.5 mg, or 1/10th of the typical dose of 50 mg that is used to treat addiction).

Ongoing research has shown that Low Dose Naltrexone (LDN) has potential benefits for patients with problems such as:

- Pain and Inflammation
- Hashimoto's Thyroiditis
- Autism Spectrum Disorder
- Allergies & Asthma
- Chronic Pruritus
- Mood Disorders
- Lyme Disease
- Multiple Sclerosis
- Crohn's and Ulcerative Colitis
- Diabetic Neuropathy
- Complex Regional Pain Syndrome (CRPS)



- Chronic Fatigue & Fibromyalgia
- Autoimmune Disorders

### **Cancer and LDN**

Intermittent Dosing with LDN causes increased cell death and has been reported to increase cell sensitivity to chemotherapeutic agents. LDN should not be taken during treatment with PD-1 inhibitors, e.g. pembrolizumab (Keytruda®) and nivolumab (Opdivo®).

### **Side Effects/Cautions**

LDN is well tolerated in most patients and side effects are usually transient. LDN should not be taken by patients taking opioids such as morphine, oxycodone, or hydrocodone. It is possible that even a low dose of naltrexone could cause blockade of opioid receptors and reduce the effectiveness of opioid analgesics or induce withdrawal symptoms.

Low Dose Naltrexone (LDN) is not commercially available but can be compounded by prescription.

We welcome your questions!

## **Customized Medications to Meet Specific Patient Needs**

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## **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.

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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



