



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

As Summer Winds Down, Keep Your Skin Healthy

The end of summer often brings skin concerns that stick around long after the last beach day. Sun, heat, sweat, and humidity can leave skin irritated, sensitive, or showing early signs of damage. The good news? Compounded creams and lotions can be tailored just for you to help your skin recover and stay healthy into the fall.



Common Skin Concerns After Summer

- Dark spots and uneven skin tone from sun exposure
- Eczema or rashes made worse by heat and sweat
- Rosacea flare-ups from hot weather and sunlight
- Sunburn and long-term sun damage (photoaging)
- Breakouts from clogged pores and sweat
- New fine lines and wrinkles from UV damage
- Extra sensitivity after cosmetic treatments

How Compounded Medications Can Help

Evening skin tone:

Hydroquinone, Kojic Acid, Lactic Acid, Azelaic Acid, Niacinamide → Custom blends can help fade dark spots and mild to moderate discoloration.

Calming irritation:

Hydrocortisone → Relieves redness, itching, and inflammation.

Tacrolimus / Pimecrolimus → Long-term eczema control without steroids.

Fighting infections:

Ketoconazole, Miconazole, Nystatin → Treat fungal rashes and athlete's foot.

Managing acne and rosacea:

Sodium Sulfacetamide & Sulfur → Reduce bumps, redness, and irritation.

Relieving discomfort:

Lidocaine / Pramoxine → Soothe itching, stinging, or sunburn pain.

Aloe Vera & Menthol → Provide cooling, soothing relief.

Restoring skin's barrier:

Ceramides → Rebuild and lock in moisture for dry, sensitive skin.

Supporting Healthy, Youthful Skin

After months of sun, many people look for ways to reduce signs of aging and protect their skin for the future. Compounded treatments can include:

- Tretinoin – Encourages new cell growth, smooths fine lines, evens tone
- Niacinamide – Improves elasticity and reduces redness
- Vitamin C – Brightens skin and protects against free radical damage
- Alpha-Lipoic Acid – Improves texture and reduces stress on skin
- Peptides – Boost collagen and firmness
- Hyaluronic Acid – Deep hydration for plump, smooth skin

Why Choose Compounding?

Unlike one-size-fits-all treatments, compounded medications can be designed just for you:

- The right strength for your skin
- More than one ingredient is combined in a single product
- Different forms (cream, gel, spray, foam), based on what you prefer
- Options made without dyes, perfumes, or preservatives for sensitive skin

Your skin works hard all summer. As the season changes, personalized compounded treatments can help calm flare-ups, repair sun damage, and keep your skin healthy year-round. Talk with your healthcare provider about whether compounded dermatology medications might be right for you.

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

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