



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

Potential Help for Post COVID Syndrome/Long COVID

Post-COVID syndrome or Long COVID is an increasingly recognized complication of acute SARS-CoV-2 infection. A significant proportion of patients infected with SARS-CoV-2 experience new, recurring, or persistent symptoms, often beginning 3 months after infection and lasting for weeks, months, or longer. The clinical manifestations include multisystem complications of the disease,

specifically cardiovascular, neurologic and psychologic, hematologic, pulmonary, and dermatologic. Most frequent neurological symptoms include fatigue, memory/attention deficits, cognitive slowing, sleep disorders, myalgias, and loss of smell. Other symptoms include reduced exercise tolerance, chest pain, and shortness of breath. The occurrence of Long COVID is not associated with the severity of foregoing acute COVID-19. This condition may be related to a virus- or immune-mediated disruption of the autonomic nervous system resulting in orthostatic intolerance syndromes.



A recent study found that over 1 and 3 patients had one or more symptoms of Long COVID for 3 – 6 months post COVID-19 diagnosis. People with Long COVID may have unexplained symptoms that are misunderstood by their healthcare providers, which can result in a delay in diagnosis and appropriate care or treatment. Clinical evaluations and results of routine blood tests, chest x-rays, and electrocardiograms may be normal. After COVID-19 illness, some people may experience new health conditions including multiorgan effects or autoimmune conditions, and may be more likely to develop diabetes, heart conditions, or neurological conditions compared with people who have not had COVID-19.

Our compounding pharmacy can offer potential therapeutic options that may help people suffering from symptoms of Long COVID. Inflammation is a key contributor to symptoms of Long COVID. Since therapies can be customized, our pharmacist can work with you and your physician to find therapies that may resolve your symptoms. Some options include:

- Low-dose naltrexone (LDN) has been used for a variety of autoimmune disorders due to its anti-inflammatory properties.
- Omega-3 fatty acids help reduce viral entry and promote immune function because they produce less pro-inflammatory cytokines.
- Vitamin D levels have typically been low in patients experiencing severe or ongoing COVID symptoms. Utilizing a high-quality vitamin D supplement may be beneficial.

Talk with our pharmacist if you are experiencing long-term effects of COVID-19 and we can work with you and your doctor to help you regain your health and well-being.

[Blood Adv. 2022 May 11](#)

[J Neurol. 2022 May 10: 1–2.](#)

[SN Compr Clin Med. 2022;4\(1\):91.](#)

[Clin Med \(Lond\). 2021 Jan;21\(1\):e63-e67.](#)

[J Infect. 2022 Apr;84\(4\):566-572.](#)

[PLoS Med 18\(9\): e1003773.](#)

<https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/>

[J Biomol Struct Dyn. 2022 Feb;40\(3\):963-970.](#)

[Brain Behav Immun. 2022 Jul; 103: 19–27.](#)

©Storey Marketing. All rights reserved

PLEASE NOTE: CURBSIDE PICKUP

Please remember, we have curbside pick-up available. Our hours are from 9-5:30 Monday-Friday with a break from 12:30-1 for lunch. Call or text us at 919-484-7600 when you arrive. Thanks for your patience.

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, who is experienced and specially trained in customized hormone therapy. Hormone consultations are by appointment only, and are \$175.

Call Mary, our Patient Care

HORMONE TESTING

We provide ZRT test kits to help us customize your hormone therapy specifically for you!

Coordinator, to schedule your appointment.



HOURS: Monday - Friday 9am - 5:30pm
Closed for lunch 12:30pm - 1pm
Closed Saturday and Sunday

