

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 Breast Cancer Awareness month and in addition to encouraging and educating women to take steps to prevent breast cancer, we feel a large part of prevention is also maintaining their overall health. Find out more about how our pharmacy can help care for you or the women in your life.**

## Gut Health and the Spread of Breast Cancer

Our pharmacy commonly shares about the importance of gut health for overall wellness. A recent study shows that an unhealthy gut can trigger changes in normal breast tissue which then allows breast cancer to spread to other parts of the body. The gut microbiome is a collection of microbes that naturally live in the digestive system and the microbiome can be disrupted by poor diet, obesity, long-term antibiotic use, and other factors. When this happens, the microbiome changes the makeup



of important immune cells in the breast tissue which facilitates the spread of cancer. When breast cancer metastasizes, it is often deadly, so finding ways to stop the spread can improve survival rates. The first step to help maintain or improve gut health is to take a quality probiotic. A high-quality probiotic supplement along with prebiotics work hand and hand to restore gut balance. Consuming fermented foods, such as sauerkraut, miso, kimchi, and water kefir as well as reducing dietary sugar and stress is also helpful. Talk to us about how we can help you maintain the health of your gut microbiome.

## Bone Health and Osteoporosis Risk

It is estimated that osteoporosis affects approximately 200 million women worldwide and nearly one in three women over the age of 50 will experience a fracture related to osteoporosis. Aging is not the only factor that increases the risk of osteoporosis, but there are several conditions that can play a role in the development of osteoporosis, bone loss, and fractures. Autoimmune disorders contribute to bone loss due to chronic inflammation and steroid medications sometimes used to fight inflammation. Digestive disorders, including Celiac disease, can create issues with nutrient absorption leading to weakened bones. Other conditions, such as diabetes, depression, hyperthyroidism, breast cancer, and others can also contribute to bone loss and increased risk of osteoporosis. Take charge of maintaining optimal bone health and reducing the risk of developing brittle bones with some simple prevention tips including living an active lifestyle with a mix of physical activities, avoiding processed foods, consuming more fresh fruits and vegetables, increasing vitamin D levels, and taking an omega-3 supplement. If you suffer from any risk factors, talk to our pharmacist for help selecting a quality supplement and appropriate dosing recommendations based on your specific needs.

<https://www.tandfonline.com/doi/full/10.1080/13697137.2021.1965408>

## A Therapeutic Challenge: Recurrent Bacterial Vaginosis

Bacterial vaginosis is a common infection caused by an overgrowth of bacteria in the vagina. It is the most common vaginal condition for women in their reproductive years. Although a specific cause is not known, it most commonly occurs in women who are sexually active. Practicing safe sex by using condoms and reducing the number of sexual partners can help to reduce the risk of contracting bacterial vaginosis. Common symptoms include abnormal discharge and pain, itching, or burning in or outside the vagina. It is important to note that although the symptoms are similar, bacterial vaginosis is different from a yeast infection. A yeast infection is a fungal infection while bacterial vaginosis is a bacterial infection. Although bacterial vaginosis can resolve on its own without medication, seeking care from a medical professional is important. If left untreated, serious complications such as ectopic pregnancy, pelvic inflammatory disease, and other sexually transmitted diseases can occur. Therapies can include an oral or topical antibiotic such as topical amphotericin B or boric acid vaginal capsules or suppositories. When taking antibiotics, a quality probiotic is also recommended to replenish the good bacteria in the gut. Our compounding pharmacist can work with women and their medical providers to provide therapeutic options to resolve the infection.

<https://www.cdc.gov/std/bv/stdfact-bacterial-vaginosis.htm>

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## Jennifer Burch now a Fellow of APC!



Our own Jennifer Burch is a proud member of the 2022 Class of Fellows of the Alliance for Compounding Pharmacy!

Established in 1997, the Fellows Program distinguishes pharmacists and pharmacy technicians who are exemplary in their professionalism and commitment to the practice of pharmacy compounding. Each applicant's credentials are assessed against rigorous criteria that include contributions to published literature, continuing

education, presentations, leadership, professional and civic service as well as

professional awards. The criteria are designed to maintain a balance between subject areas and to ensure that the APC Fellows are diverse in their practices and community activities.

## 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 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

