

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

This month, national organizations bring awareness to various health conditions. Learn more about some of the awareness campaigns and see how we can help. We hope to bring more awareness to these conditions or help you or a loved one navigate the challenges associated with a condition.

May is Mental Health Month. This year, the theme is “Back to Basics” and the goal is to provide basic knowledge about mental health, mental health conditions, and information for those concerned about their mental health. Although we are not trained mental health professionals, our compounding pharmacy can be a vital part of the mental health care team.

Depression is one of the most common mental health conditions. Nearly 20% of US adults currently suffer from some level of depression and it can affect individuals of any age, race, or gender. If it is determined that depression is being caused by a medical condition, such as a nutrient deficiency or hormone imbalance, traditional antidepressant medications may simply mask the symptom but may not solve the problem. In addition, patients commonly report undesirable side effects from antidepressants such as weight gain, fatigue, low libido, and insomnia as well as withdrawal symptoms when medications are stopped. Some depressed individuals take various prescription medications for comorbidities such as diabetes, cardiovascular disease, chronic pain, and many other conditions. These medications can also interfere



with their treatments for depression. Compounding allows our pharmacist to offer unique solutions in addition to traditional mental health medications. Recent studies show that ketamine provides a rapid antidepressant response in patients, and it can be formulated into a nasal spray or troche/lozenge for faster onset. Our compounding pharmacist can become a key member of an individual's mental health care team by evaluating their current medication regimen to determine if drug interactions could also be playing a role in their depression. Contact our knowledgeable team today to discuss how we can partner with you and your mental health provider to improve your well-being.

National Women's Health Week is May 8th – 14th and the goal is to encourage women and girls to reflect on their health needs and take steps to improve their overall health.

A woman's body undergoes many changes throughout a lifetime. Some of these changes or transitions can cause discomfort or unwanted symptoms. Our knowledgeable compounding pharmacist has worked with women of all ages to help them navigate these changes. The most common hormones in the female body include estrogen (3 forms), progesterone, testosterone, DHEA, and thyroid. The levels of these hormones fluctuate throughout a woman's lifetime and these fluctuations can cause uncomfortable periods, polycystic ovarian syndrome (PCOS), endometriosis, and much more. As a woman ages and enters menopause, she experiences a decline in hormone levels that can lead to unwanted side effects including hot flashes, hair loss, low sex drive, and many more. It is important for women to receive proper care during all stages of life to maintain overall health and well-being. Our pharmacist can work with doctors to determine a woman's hormone levels and offer a treatment plan to help rebalance her hormones. Customized hormone therapy can help improve health and quality of life throughout a woman's lifetime.



May is Arthritis Awareness Month and May 20th is World Autoimmune/Anti-inflammatory Arthritis Day. The Arthritis Foundation shares individuals' arthritis stories in order to spread awareness and allow all those suffering from arthritis to be seen, heard, and understood.

Arthritis is one of the most widespread autoimmune diseases and affects nearly one in four adults in the United States. If you suffer from an autoimmune disease, you know that it can be both physically and emotionally painful. An autoimmune disease means that the immune system is attacking healthy cells in the body. There are more than 100 types of autoimmune diseases that affect various parts of the body and body functions. The severity of symptoms varies for each person, depending on genetics, environment, and personal lifestyle. Our pharmacist is experienced in treating individuals with autoimmune diseases and can discuss customized options that may work for you.



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

