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919.484.7600



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

Personalized Skin Care

A person's skin can tell a lot about the individual's general health and wellness. The skin is the largest organ of the body and protects the body against microorganisms, chemicals, and ultraviolet (UV) radiation. Contact with these harmful elements can cause photo-aging, immune dysfunction, and inflammation which may, in turn, affect an individual's overall health.



It is important to protect the skin and to be aware of ways to care for and avoid common skin issues. Our compounding pharmacist can partner with you and your dermatologist to help you develop a customized skin care routine.

Here are some ways you can easily care for your skin.

- Protect skin from the sun - Protecting the skin from the sun's UV rays all year round is key to maintaining healthy skin. Keep covered, seek shade, wear a hat, and use broad-spectrum sunscreen.
- Stay rested – Getting the proper amount of sleep each night allows the body to repair itself. The body needs to perform its daily maintenance while it rests.
- Drink water – Keeping hydrated allows the body to flush out the toxins encountered each day.
- Consume fresh fruits – Like water, fruit's natural juices help hydrate the body and provides additional vitamins.
- Eat healthily – Eating a variety of healthy foods helps the body receive the necessary nutrients to repair and maintain healthy skin and body.
- Take nutritional supplements – When you are not getting the nutrients your body needs from your diet, you may want to consider high-quality nutritional supplements. Some important nutrients for your skin include:
 - Omega-3 Fatty Acids
 - Vitamin D3

- Vitamin A
- Vitamin C
- Vitamin E
- Zinc
- Selenium

Our pharmacist can determine helpful supplement options based on diet and specific concerns.

<https://pubmed.ncbi.nlm.nih.gov/29587342/>

<https://pubmed.ncbi.nlm.nih.gov/26861407/>

Sometimes a dermatologist will determine that specific skin problems require a prescription. Our compounding pharmacist can offer a variety of formulations to treat the problem. Each person is unique, so we can work with you and your dermatologist to select a preferred delivery method, remove problem-causing excipients, modify the dose, and even provide a unique blend of active ingredients. We can help with the following skin conditions:

- Acne
- Rosacea
- Warts
- Psoriasis
- Eczema
- Scars
- Sunburns
- Wrinkles
- Blisters
- Vitiligo
- Diaper rash
- Nail fungus

Our compounding pharmacist can be a key part of a healthy skin care routine or a trusted problem-solver for a troublesome skin condition. Contact us today to see how we can help!

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PLEASE NOTE: CURBSIDE PICKUP

Please remember, we have curbside pick-up available due to the Coronavirus. 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

REMINDER MESSAGE ABOUT CONSULTATIONS:

Central Compounding Center offers one on one personal consultations with Jennifer Burch,

HORMONE TESTING

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

weight loss exceptionally difficult.

READ MORE



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.**



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



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