

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

Rethinking PCOS: A More Whole-Body Approach to Hormonal Care

Polycystic ovary syndrome, commonly known as PCOS, is one of the most common hormone-related conditions affecting women of reproductive age. For many years, PCOS was mainly associated with irregular periods, ovarian cysts, acne, excess facial or body hair, weight changes, and fertility challenges.

However, researchers and healthcare providers now understand that PCOS is often much more than an ovarian condition. It can involve several systems in the body, including hormones, metabolism, blood sugar regulation, inflammation, and insulin response.

Because of this broader understanding, some healthcare discussions have begun using the term PMOS, or Polyendocrine Metabolic Ovarian Syndrome, to better describe the whole-body nature of the condition.



Why the Name Is Changing

The term “polycystic ovary syndrome” can be confusing. Not every woman with PCOS has ovarian cysts, and not every symptom is related only to the ovaries. The newer term, PMOS, helps highlight that this condition may involve:

- Hormone imbalance
- Insulin resistance or blood sugar changes
- Androgen-related symptoms, such as acne or unwanted hair growth
- Irregular menstrual cycles

- Weight management challenges
- Fatigue or low energy
- Inflammation
- Mood changes
- Fertility concerns

This shift matters because many women with PCOS/PMOS have felt frustrated when their symptoms were treated as separate issues rather than part of a bigger picture. A whole-body approach can help patients and providers examine what may be contributing to symptoms.

Common Symptoms of PCOS/PMOS

PCOS/PMOS can look different for every woman. Some may have irregular periods, while others may be more affected by acne, hair growth, fatigue, weight resistance, or fertility concerns.

Common symptoms may include:

- Irregular, infrequent, or prolonged periods
- Acne or oily skin
- Excess facial or body hair
- Thinning hair on the scalp
- Difficulty with ovulation or fertility
- Weight changes or difficulty losing weight
- Blood sugar or insulin-related concerns
- Fatigue or low energy
- Mood changes, anxiety, or depression

PCOS may also be associated with long-term health risks, including type 2 diabetes, metabolic syndrome, sleep apnea, cardiovascular concerns, and endometrial cancer. Mayo Clinic notes that early diagnosis and treatment, along with weight management when appropriate, may help reduce the risk of certain long-term complications.

Why Personalized Care Matters

Because PCOS/PMOS can affect so many areas of health, there is no single approach that works for everyone. One woman may need support for cycle regulation, while another may be focused on acne, unwanted hair growth, fertility, insulin resistance, fatigue, or hormone balance.

That is why individualized care is so important.

Your provider may evaluate several factors, including your symptoms, menstrual history, lab work, metabolic health, fertility goals, current medications, and overall wellness. From there, they can recommend a care plan that fits your specific needs.

How Our Compounding Pharmacy May Help

Our compounding pharmacy works with healthcare providers to prepare customized medications when commercially available options are not the right fit.

Compounded medications may be helpful when a patient needs:

- A customized strength
- A dosage form that may be easier to use or better tolerated
- A formulation made without certain inactive ingredients, dyes, preservatives, or allergens
- A medication option that supports a provider's individualized care plan
- A preparation that helps address related concerns, such as skin, hormone, or medication tolerance needs

Compounding is not a one-size-fits-all solution, and it is not appropriate for every patient. However, for some women managing complex hormone-related concerns, customized medication options may help support a more personalized plan.

Supporting the Bigger Picture of Hormonal Health

PCOS/PMOS care may involve more than medication alone. Many care plans also consider nutrition, blood sugar regulation, movement, sleep, stress, inflammation, supplements, and long-term metabolic health.

If you are experiencing symptoms such as irregular cycles, acne, unwanted hair growth, unexplained weight changes, fatigue, or fertility challenges, it may be time to talk with your healthcare provider.

Our pharmacy is here to support you and your provider with customized medication options when appropriate.

Have questions about compounded medications for hormone-related concerns? Contact our compounding team to learn more about how we may be able to support your care plan.

[https://www.thelancet.com/article/S2213-8587\(22\)00163-2/abstract](https://www.thelancet.com/article/S2213-8587(22)00163-2/abstract)

<https://www.mayoclinic.org/diseases-conditions/pcos/symptoms-causes/syc-20353439>

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.

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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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