



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

Improving Medication Adherence in Dermatology

Continuing to use prescribed skin medications is a challenge for many people, often leading to unsuccessful treatments, worsening conditions, and a lower quality of life. A recent review of the medical literature focuses on understanding how well patients follow their dermatology treatments, exploring factors that make it hard for people to continue their treatment plans, and finding ways to help improve adherence. The researchers reviewed studies from 2006 to 2023 to gather information on this topic, checking out different ways to measure if patients are following their treatment plans, what causes them to not follow through, and how sticking to the plan affects their health outcomes.



Of the 323 studies, 52 were helpful in understanding adherence issues and suggested how to improve the chance that patients will follow their treatments. These studies showed that there are many reasons why people might not stick to their treatment plans, including undesirable side effects, how complicated their treatment routines are, and various personal, medical, and disease-related factors. To help people adhere to their treatments better, some strategies include making treatment plans simpler, reducing side effects, using digital health tools, providing more education, improving communication between doctors and patients, and offering psychological support. Understanding and improving how well patients follow their treatment plans is super important because it can help lower healthcare costs, make treatments more effective, and lead to better health outcomes for patients.

Our compounding pharmacy can customize ointments, gels, and oral suspensions to help meet individual patient requirements. Modifying the composition of skin medications to avoid allergens, adjusting dosages, or incorporating specific ingredients upon request, can be beneficial for patients with unique health concerns, allergies, or sensitivities, ensuring they receive medications that suit their specific needs. Combinations of active ingredients can be incorporated into one prescription.

Common dermatologic medications include:

- Antibiotics - to kill bacteria and inhibit bacterial growth.
- Topical Steroids - to reduce inflammation
- Antifungals - stop fungal growth
- Retinoids - regulate cell growth and inflammation
- Moisturizers - keep irritated skin hydrated
- Immunomodulators - help reduce inflammation

And more!

Moreover, compounding pharmacies can produce medications in alternative formats, making it easier for patients to take their prescribed treatments. This adaptability enhances patient adherence to medication schedules and positively impacts health outcomes.

Talk to our pharmacist to see how we can help make your dermatologic medication more tolerable and easy to use.

<https://onlinelibrary.wiley.com/doi/10.1002/jvc2.379>

CUSTOMIZED DERMATOLOGY OPTIONS

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



Central Compounding Center South | 2609 N Duke St, Suite 103, Durham, NC 27704

[Unsubscribe jenn.burch@gmail.com](mailto:jenn.burch@gmail.com)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by info@centralcompounding.com powered by



Try email marketing for free today!