

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*

## Understanding Men's Health and Preventive Care

Men's Health Month, observed throughout June, intends to encourage men of all ages, to prioritize their health by being proactive and making healthy lifestyle choices. Our pharmacist can partner with men and their families to provide customized medications targeting specific conditions as well as vitamins and supplements to support the body's natural functions.



When the term "men's health" is mentioned, common perceptions typically lean toward aging-related issues. However, men of all ages face unique health threats. To enhance the quality of life and mitigate risks as men age, it is crucial to adopt a preventive health schedule and seek medical attention when health problems are suspected. Delaying a doctor's visit until a problem arises might result in missing early indicators of an underlying health condition. For instance, erectile dysfunction (ED) is an issue that often prompts men to seek medical help. This condition, however, could signal more severe health complications, including heart disease, diabetes, and blood pressure disorders.

The CDC identifies heart disease, cancer, and accidents (unintentional injuries) as the leading causes of death in men. Men are also more susceptible to diseases such as diabetes, high blood pressure, cardiovascular disease, and other medical conditions. Many of the causes of these diseases are preventable by making lifestyle modifications or by taking steps to mitigate risks. Lifestyle changes may include avoiding tobacco products, consuming a balanced diet, maintaining a healthy weight, engaging in regular exercise, limiting alcohol consumption, and managing stress.

Optimizing male health is a multifaceted process that intertwines physical, emotional, social, and environmental aspects. Every individual's risk factors and therapeutic solutions are unique. Men are commonly prescribed medications for the following:

- Urological medications or drugs for prostate health
- Hormone therapy to manage imbalances, including testosterone replacement therapy (TRT)
- Erectile dysfunction medications
- Pain medications to address chronic pain arising from a variety of medical conditions, including arthritis, diabetes, and autoimmune disorders

When conventional therapies are not working or other options need to be explored, our compounding pharmacy can help. We can provide custom medication formulations to help men manage their health.

Nutritional supplements can also play a crucial role in the management of men's health. Supplements can help fill dietary gaps and promote overall well-being by targeting specific health concerns. While it's always best to get nutrients from a balanced diet, certain supplements can offer additional benefits. Before starting any nutritional supplement regimen, it's important to consult with our pharmacist or other healthcare professional. A healthcare professional can provide personalized advice and ensure that the chosen supplements will not interact negatively with any current medications or medical conditions.

Here are some essential nutritional supplements that can support men's health:

1. **Fish Oil:** Omega-3 fatty acids present in fish oil help regulate blood pressure and triglyceride levels, promoting heart health. Moreover, they have demonstrated efficacy in reducing inflammation, mitigating cardiovascular disease, alleviating joint pain, and combating metabolic syndrome.
2. **Vitamin D:** Instrumental in helping the body absorb calcium, which in turn aids in strengthening bones and preventing bone deterioration.
3. **Magnesium:** An important mineral, magnesium maintains normal bone structure and is vital for heart and blood vessel health. It also facilitates several cellular reactions and helps regulate muscle contraction.
4. **Glutamine:** The most common free amino acid in the body and is involved in numerous biochemical reactions. It serves as a precursor to the neurotransmitter glutamate and contributes to maintaining a healthy gut.
5. **Zinc:** Supports the immune system in combating bacteria and viruses. It's also needed for protein synthesis and DNA formation. Crucially, zinc is integral for testosterone conversion.
6. **Quercetin:** Utilized in managing heart and blood vessel conditions and treating prostate infections. It enhances endurance and athletic performance and can slow the metabolism of testosterone.
7. **Nitric Oxide:** Nitric oxide levels decrease as we age. Low Nitric Oxide affects your overall circulation which often manifests in numerous health challenges such as brain function, blood pressure, low energy levels, and sexual performance as we age.
8. **Coenzyme Q10:** Plays a significant role in metabolism and protects cells from damage.
9. **Boron:** Utilized to enhance testosterone levels, build strong bones, and treat osteoarthritis. It's also used to aid muscle development and improve cognitive abilities and muscle coordination.

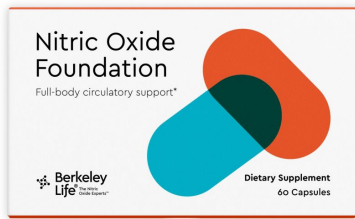
*Ask our pharmacist how we can help optimize the health of you or the man in your life.*

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**\$5 OFF THRU JUNE ON NITRIC OXIDE FOUNDATION**

Supplementing your diet with a consistent, quality source of dietary nitrates is an easy and effective way to boost Nitric Oxide levels and support overall health. Berkeley Life's



proprietary dietary nitrate blend provides the plant-based bioequivalents of 5oz of spinach and 7oz of beets in each two-capsule dose, helping you maintain healthy Nitric Oxide levels as you age.

## 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. Thank you.

## 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

