



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

Enhancing Sexual Health with Compounded Medications

Individuals are increasingly looking for ways to address concerns related to sexual health, such as diminished sexual desire, erectile dysfunction, and symptoms associated with menopause. These challenges might stem from pre-existing medical conditions, medication side effects, or even psychological factors like low self-esteem affecting one's body image. Sexual health issues are not age-discriminatory, though they may intensify as individuals grow older.

The good news is, there exists a spectrum of options designed to enhance sexual wellness for both men and women across various ages.



Custom Solutions for Medication-Induced Sexual Dysfunction

A wide range of medications, including but not limited to antidepressants and blood pressure medications, have been identified as potential culprits behind sexual dysfunction in both genders, with the risk escalating when multiple daily medications are taken. Studies have shown a significant link between antidepressant use and sexual challenges, such as diminished orgasmic response in up to 42% of female participants, with a majority also experiencing decreased sexual desire and arousal difficulties. In men, optimizing medication regimens to balance therapeutic benefits against side effects like erectile dysfunction has shown promise.

Addressing medication-related sexual dysfunction is crucial for maintaining patient adherence to prescribed medications and ensuring the success of long-term health strategies. Pharmacological interventions, including switching medications or adjusting

dosages or routes of administration, can help to mitigate these adverse effects. For those requiring more precise dosage adjustments or specific formulations not available commercially, our compounding pharmacy offers tailored solutions that meet individual patient needs.

Customized Therapies for Hormonal Balance

Underlying health conditions and hormonal imbalances also play a significant role in sexual dysfunction for both sexes. Testing is required to diagnose hormonal levels linked to issues such as erectile dysfunction, vaginal dryness, or reduced sexual desire. Customized hormone therapy offers a solution by providing hormones that are molecularly identical to those produced naturally in the body, derived from plant sources. This therapy aims to restore hormonal balance and address the root causes of sexual dysfunction.

Help with Self Esteem

Our compounding pharmacy has experience with a variety of specialties. Both men and women can struggle with self-esteem issues and how they feel about different areas of their bodies. Common complaints center around weight, hair loss, and skin appearance. Customized options are available to help mitigate these concerns. Talk to our compounding pharmacist to see if a compounded therapy may be right for you!

<https://pubmed.ncbi.nlm.nih.gov/27594188/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8109585/>

SAVE \$5 this month on Nitric Oxide Foundation!

Nitric Oxide supports critical levels of blood flow in men and women required for full-body sexual support, from hormone release to arousal response, lubrication, and more.

Two capsules of Berkeley Life's Nitric Oxide Foundation once a day provides an effective dose of dietary nitrate for sustained Nitric Oxide support throughout the day. Use Nitric Oxide test strips to validate product efficacy after 90 minutes.



Test, Supplement, Test

Every day, the microbiome in our saliva is subjected to acidic foods and harsh chemicals that can throw off its balance. Without a healthy oral microbiome, our body's ability to create Nitric Oxide is at risk.

Easily check your microbiome with The Berkeley Life Nitric Oxide test strip! Talk to a Central Compounding team member to get your test strips today!



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](#)

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

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