



WELCOME TO OUR MONTHLY NEWSLETTER

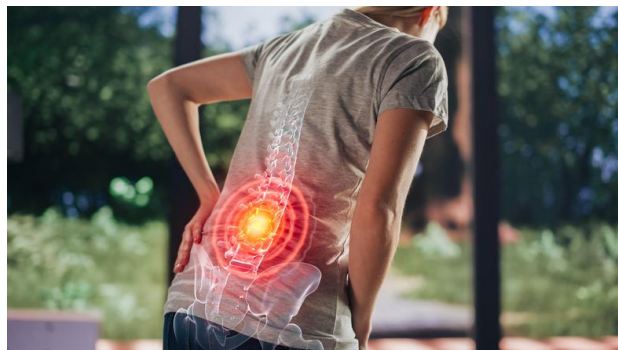
At Central Compounding Center South, we care about our patients and want to provide you with quality information about your health. If you ever have questions or would like more information, please feel free to ask. We look forward to caring for you and your family.

Sincerely,
Jennifer L. Burch, Pharm.D., CDE

The International Association for the Study of Pain has declared September Pain Awareness Month in order to raise awareness about chronic pain and pain management. This year's focus is on the importance of individualized, multidisciplinary, and multimodal approaches to managing pain. Find out how compounding allows us to provide an individualized approach to pain management.

The Role of Compounding in Chronic Pain Management

Managing chronic pain can be daunting because each day presents its own set of challenges and predicting daily pain intensity can be difficult. While chronic pain can severely restrict physical activities and movement, its impact can also affect mental health. It can strain relationships and, for some, holding down a job might become unattainable. This often leads to financial strains and diminished quality of life.



Most commonly, pain medications are taken orally, and although they may provide pain relief they can also have unwanted side effects. These side effects can interfere with daily activities and may require the use of additional medications. Some of the most common side effects associated with oral pain relievers can include:

- Dizziness
- Stomach upset
- Abuse or addiction potential
- Drowsiness/decreased cognition

- Constipation
- Dosing confusion if taking multiple medications

The most common prescription and over-the-counter pain medications include:

- Non-steroidal anti-inflammatory drugs (NSAIDs) like ibuprofen are helpful for moderate to mild pain associated with inflammation or swelling.
- Acetaminophen works by blocking prostaglandin, a hormone that can initiate inflammation. However, it doesn't treat inflammation itself
- COX-2 Inhibitors work similarly to NSAIDs without some of the side effects.
- Opioids can block sensations of pain and can be used post-surgery for short-term pain. Addiction is a concern.
- Anti-seizure medication and antidepressants can help to address nerve oversensitivity and the associated pain.

The complexity of chronic pain underscores the importance of identifying therapies that are tailored to the individual needs. While there's no one-size-fits-all solution, compounding provides a number of potential pain management strategies to aid those in need. Effective pain management strategies vary from person to person, often depending on the nature of the pain, individual sensitivities, existing conditions, preferences, and other variables.

Compounding offers a tailored approach to pain management, addressing many of the issues commonly associated with oral pain medications.

- **Alternative Delivery Methods:** Compounded medications can come in various forms, such as dissolvable troches, nasal sprays, topical solutions like creams, lotions, or gels, transdermal medications, and oral solutions.
- **Minimized Systemic Absorption:** Topical and transdermal applications may result in lesser systemic absorption, potentially reducing side effects and the risk of addiction or misuse.
- **Customized Strengths:** Recognizing that everyone has unique needs based on their size, pain levels, and tolerance, compounding allows for personalized dosage strengths.
- **Tailored Drug Combinations:** With compounding, it's possible to combine multiple active ingredients into a single prescription. This can target various pain receptors simultaneously, potentially offering superior efficacy over single-ingredient solutions.
- **Low Dose Naltrexone:** Innovative compounded medication that helps to reduce inflammation.

Living with chronic pain can be incredibly challenging, impacting various facets of one's life. It's crucial to collaborate with your healthcare provider and our compounding pharmacist to determine a therapy that may work for you.

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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



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

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

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