



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

Menopausal Sexual Dysfunction: The Role of Hormonal Alignment and Custom Therapies

Menopause is often accompanied by sexual dysfunction. Its subtle but consistent impact is extensive, with minor symptoms progressing to more serious issues. Sexual response involves a complex interplay of physiology, emotions, personal experiences, values, and lifestyle. If any of these elements become disrupted, it could affect the desire, excitement, or gratification from sexual activities. Consequently, addressing these disruptions often requires a multi-faceted approach.



Vaginal atrophy is often the first symptom, with dryness potentially leading to painful sexual activity. The lower estrogen levels cause thinning of the vaginal skin. In turn, libido often declines as individuals find sexual intimacy less appealing and uncomfortable. Sexual health concerns are often overlooked and under-treated, overshadowed by less complex issues. The topic is often difficult to discuss with a woman's healthcare provider or pharmacist, and many avoid the topic altogether.

Menopausal sexual dysfunction is usually the result of a significant drop in estrogen. Optimizing estrogen levels can help to enhance the thickness of vaginal tissues, increase vaginal secretions and circulation, and lower vaginal pH to reestablish the vaginal microbiome.

Reports suggest that when estrogen therapy is implemented, most women experience symptom relief. After just weeks of customized hormone therapies, vaginal distress or sexual disruption may begin to show improvement. Consistent therapy is crucial.

Not all therapies for sexual dysfunction solely rely on estrogen. Customized hormone therapies vary from person to person. Other hormones to be considered include:

- **Dehydroepiandrosterone (DHEA)** transforms into sex hormones, stimulating receptors in the vaginal wall when administered locally. DHEA helps promote healthier vaginal tissues and less sexual discomfort.
- **Testosterone** is often associated with sexual desire. It's believed to influence dopamine pathways in the brain, impacting responsiveness and interest in intimacy. When balanced, it can boost sexual function and reduce distress.
- **Oxytocin** can increase feelings of intimacy, sensitivity, and willingness to engage in sexual activity. Systemic options show significant potential in addressing libido changes and targeted vaginal formulations may counter tissue degradation.

Age-related hormonal shifts can detrimentally affect sexual health. If you are experiencing discomfort, our compounding pharmacist can discuss customized therapeutic options with your provider.

[Menopause. 2016 Mar;23\(3\):243-56.](#)

[Front Endocrinol \(Lausanne\). 2022; 13: 786271.](#)

[Best Pract Res Clin Endocrinol Metab. 2021 Dec;35\(6\):101592.](#)

[Medicina \(Kaunas\). 2019 Sep 2;55\(9\):559.](#)

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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**

HORMONE TESTING

We provide ZRT test kits to help us customize your hormone therapy specifically for you!



*Patient Care Coordinator, to
schedule your appointment.*



HOURS: Monday - Friday 9am - 5:30pm
Closed for lunch 12:30pm - 1pm
Closed Saturday and Sunday



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