

REFILLS

BLOG

CONSULTS

SUPPLEMENTS

WEIGHT LOSS



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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,



Personalized Options for Longevity & Healthy Aging

Longevity-focused care looks beyond a single symptom and often considers how factors such as hormone changes, cellular energy, metabolism, inflammation, cognitive health, and recovery may change over time.

Depending on your health history and your provider's recommendations, compounded medications may offer additional options when a commercially available product does not meet your individual needs.



Hormone Therapy

Addressing hormonal changes that can occur with age

Hormone levels can change significantly throughout adulthood, particularly during age-related transitions. These changes may affect energy, sleep, mood, sexual health, body composition, and overall well-being.

For this reason, hormone evaluation is often part of a broader longevity or healthy-aging conversation. When hormone therapy is appropriate, compounded formulations can give healthcare providers flexibility in selecting specific hormones, strengths, combinations, and dosage forms based on an individual patient's needs.

Compounded options may include estrogen, progesterone, testosterone, and thyroid hormone formulations.

Sermorelin

A longevity-focused approach to the body's growth hormone pathway

Growth hormone production and signaling change as we age. Because growth hormone is involved in processes related to metabolism, body composition, tissue maintenance, and recovery, the growth hormone pathway has become an area of interest in longevity-focused medicine.

Sermorelin is a prescription medication that acts on the body's growth hormone-releasing pathway rather than providing growth hormone itself. Some healthcare providers may consider sermorelin as part of an individualized plan after evaluating a patient's health history, laboratory findings, and overall goals.

Compounding allows sermorelin to be prepared according to the specific strength and form prescribed by the healthcare provider.

NAD+

Supporting an area of growing interest in cellular aging

NAD+, or nicotinamide adenine dinucleotide, is naturally present in every cell and plays an important role in processes involving cellular energy, mitochondrial function, and DNA maintenance.

Because cellular energy production and mitochondrial health are major areas of research in aging and longevity, NAD+ has received significant attention in wellness and longevity-focused practices.

Compounded NAD+ preparations may be prescribed by healthcare providers who choose to incorporate NAD+ into an individualized wellness plan. Research into NAD+ and its role in aging continues to evolve, so patients should discuss the potential benefits, limitations, and available options with their provider.

Low-Dose Naltrexone (LDN)

An option sometimes explored in conversations about inflammation and immune health

Inflammation and immune function are increasingly studied in connection with aging and long-term health. This has contributed to interest in therapies that healthcare providers may use as part of individualized approaches to inflammatory or immune-related concerns.

Low-dose naltrexone, commonly called LDN, refers to naltrexone prescribed at doses much lower than its commercially available standard strengths. Some providers use LDN off-label in certain patient-specific treatment plans.

Because these lower doses generally are not commercially manufactured, a compounding pharmacy can prepare the specific strength prescribed by the healthcare provider.

Methylene Blue

An emerging area of interest in mitochondrial and cognitive research

Mitochondria are responsible for producing much of the energy used by our cells, making mitochondrial function an important area of research in healthy aging. Brain health and cognitive function are also major areas of focus within longevity medicine.

Methylene blue has attracted interest because of ongoing research involving cellular energy, mitochondrial processes, and neurological health. While this research has contributed to its visibility in longevity and integrative medicine, methylene blue is not an established anti-aging treatment, and its use requires careful medical evaluation.

It can also interact with certain medications, so it's especially important to talk with a qualified healthcare provider before considering it.

Exploring Longevity-Focused Care?

There is no single medication or therapy for “anti-aging.” Longevity-focused care is highly individualized and may involve evaluating different aspects of health as they change over time.

If you're interested in hormone therapy, sermorelin, NAD+, low-dose naltrexone, methylene blue, or other compounded options, talk with our pharmacist and your healthcare provider about what may be appropriate based on your health history and goals.

Introducing Reneu - The Next Generation of Skin Care

Reneu pairs a high-purity Copper Tripeptide-1 (GHK-Cu) with Acetyl Hexapeptide-8 and Zinc Hydrolyzed Hyaluronate — ingredients that work together to help skin look smoother, more hydrated, and visibly renewed.

Key Benefits

- Supports overall skin conditioning and visible skin renewal
- Helps improve the appearance of fine lines, wrinkles, and skin texture
- Provides deep hydration and helps support a balanced skin barrier
- Helps ease the look of expression lines for a smoother, more relaxed appearance



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 GOOGLE](#)

**REMINDER MESSAGE ABOUT
CONSULTATIONS:**

HORMONE TESTING

Central Compounding Center offers one on one personal consultations with Jennifer Burch, PharmD, who is experienced and specially trained in customized hormone therapy. Hormone consultations are by appointment only, and are \$175.

[FIND OUT MORE](#)

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

[LEARN MORE](#)



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

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