



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

Autoimmune Diseases and Their Impact on Women

Did you know that women make up nearly 80% of those affected by autoimmune disorders? These include conditions such as lupus, multiple sclerosis, rheumatoid arthritis, and more—diseases where the immune system mistakenly attacks the body's own cells and tissues.



The question of why women are more prone to these conditions has puzzled researchers for years. Recent studies suggest that the different effects of sex hormones, women's X chromosomes, and even the unique community of microbes in women's bodies could be key factors. Some scientists also believe that evolution might play a role.

The Role of Hormones

Early observations linked the onset of these diseases in women to major life transitions like puberty, pregnancy, and menopause. For example, lupus and multiple sclerosis often appear during the childbearing years, while rheumatoid arthritis is more common post-menopause. Interestingly, symptoms of some autoimmune diseases improve during pregnancy but worsen after childbirth.

These life stages all involve significant hormonal changes, particularly in estrogen, progesterone, and testosterone. Estrogen, for example, increases during puberty and pregnancy, and research shows it can drive the development of many autoimmune diseases. The use of oral contraceptives and some types of hormone replacement therapy, both of which introduce additional estrogen, has been linked to a higher risk of lupus.

Hormonal Influence on Immunity

Sex hormones directly influence the expression of many genes involved in immune responses. Estrogen, for instance, activates genes that control a chemical that can defend against pathogens and escalate autoimmune responses. It also activates B cells, producing antibodies that can attack the body's cells. Pregnancy hormones like progesterone also have significant effects on the immune system. Progesterone promotes a Th2 immune response, which favors antibody production. This shift could explain why diseases like rheumatoid arthritis and multiple sclerosis often see symptom relief during pregnancy and a relapse post-delivery. Understanding these hormonal patterns and their impact on the immune system is crucial for developing better treatments and interventions for autoimmune diseases, especially in women.

Our pharmacist has had extensive experience helping those suffering from autoimmune disorders. Our compounding pharmacy can customize therapies, including low dose naltrexone (LDN) and customized hormone therapies which both may help manage autoimmune conditions. While these therapies are not a definitive cure, they could offer potential benefits in managing symptoms and slowing disease progression.

<https://med.stanford.edu/news/all-news/2024/02/women-autoimmune.html>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7292717/>

<https://pubmed.ncbi.nlm.nih.gov/30343306/>

<https://pubmed.ncbi.nlm.nih.gov/12858441/>

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If you have received excellent care or service from the pharmacists and staff at Central Compounding, we would appreciate an online review.

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ASK US ABOUT OUR WEIGHT LOSS PROGRAMS

We offer a physician managed program for patients who find weight loss exceptionally difficult.

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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

HORMONE TESTING

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



are by appointment only, and are \$175. **Call Mary, our 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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