

REFILLS

BLOG

CONSULTS

SUPPLEMENTS

WEIGHT LOSS



## 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*

## Customized Skin Solutions for Acne

As the largest organ of the body, the skin plays a vital role in protecting your health. Not only does it shield your internal organs, but it also reflects a person's overall well-being. For example, inflammation in the stomach from poor dietary choices can lead to breakouts, while illness can make the skin appear pale. The skin acts as a visible indicator of overall health, emphasizing the importance of proper nourishment, hydration, and a balanced diet.



While poor diet and hydration, sun damage, and inadequate skincare routines often contribute to breakouts, hormonal changes can also play a significant role. Teenagers and women over 30 frequently experience acne due to hormonal fluctuations. Increased androgen levels during puberty, pregnancy, or changes in birth control can cause oil glands to produce more sebum, leading to acne. Similarly, pre-menopausal and menopausal women may face breakouts due to hormonal imbalances, where customized hormone therapy may significantly improve skin health.

Traditional acne treatments often involve costly over-the-counter products and medications that may not work for everyone. The severity, location, and type of acne should all be considered when determining the proper treatment. Compounding offers a personalized solution, allowing our pharmacist to tailor the ingredients and their

concentrations to suit specific needs.

Common ingredients we use for acne formulations:

- Benzoyl Peroxide - to help reduce acne-causing bacteria to keep pores clear
- Niacinamide - to help with severe, inflammatory acne and help to improve skin texture.
- Biotin - to help promote healthy skin, hair, and nails.
- Tretinoin - to help stimulate cell turnover, unclogs pores, and regulates sebum production, while also reducing wrinkles.
- Hyaluronic Acid - to help with anti-aging and healing properties, reducing wrinkles, dryness, and scarring.

Our experienced pharmacists can work with dermatologists and their patients to discover the best solution for specific skin conditions.

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## 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.

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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.

[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





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