



## 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*

## Personalized Solutions for Maternal Support

Pregnancy and the postpartum period bring significant changes that may require specialized care. While many women navigate these stages smoothly, others face hormonal shifts, pregnancy-related challenges, and postpartum discomforts that call for individualized medical attention.



At our compounding pharmacy, we collaborate with healthcare providers to create personalized medications designed to support women through every stage—from fertility and pregnancy to postpartum recovery and breastfeeding. Commonly compounded formulations may include progesterone suppositories, nipple ointments, topical pain relievers, and more.

### **Progesterone Suppositories: Customized Support for Pregnancy**

Progesterone plays a vital role in supporting a healthy pregnancy. Some healthcare providers prescribe vaginal progesterone suppositories as part of a care plan for women with specific needs, such as hormonal support or pregnancy maintenance. Compounded suppositories allow for tailored dosing and alternative formulations to meet individual preferences and sensitivities.

### **Postpartum Recovery: Addressing Common Challenges**

The postpartum period, often referred to as the fourth trimester, can bring various physical and emotional changes. Compounding allows pharmacists to work with

providers to prepare customized medications that support:

- **Perineal healing:** Custom ointments may be formulated with ingredients like lidocaine, hydrocortisone, and antiseptics to help soothe discomfort.
- **Hormone balance:** Topical hormone creams can be compounded in personalized strengths and formulations.
- **Comfort and wellness:** Low-dose medications may be compounded when prescribed as part of a supportive care plan.

### **Postpartum Depression: Signs and Solutions**

Many women experience “baby blues” shortly after childbirth, but if symptoms linger beyond a couple of weeks or grow more intense, it may be postpartum depression. You may be affected if you experience:

- Feelings of sadness, hopelessness, or guilt
- Difficulty sleeping, eating, or focusing
- Crying frequently without a clear reason
- Loss of interest in activities or your baby
- Thoughts of self-harm or harming your baby

If these sound familiar, know you are not alone, and that help is available.

### **What Could Be Causing It?**

Postpartum depression is often linked to underlying imbalances such as:

- Low thyroid hormones (especially T3)
- Progesterone deficiency after childbirth
- Nutrient deficiencies (Vitamin D, B12, Zinc, Selenium, Omega-3s)
- Elevated copper or environmental toxins
- Autoimmune thyroiditis or Hashimoto's

### **Hormonal & Nutritional Support**

Rather than masking symptoms, we take a holistic approach by helping you:

- Optimize thyroid and sex hormones (including bioidentical progesterone and T3)
- Replenish critical nutrients that support brain and mood health
- Support natural calming neurotransmitters like GABA through targeted hormone therapy
- Restore balance using lifestyle, nutritional, and personalized compounded therapies

### **Breastfeeding Support**

Breastfeeding can be rewarding yet challenging. Compounded nipple ointments may include a combination of pain-relieving, antibacterial, and antifungal ingredients, designed to provide targeted relief while supporting continued nursing. Providers often request these formulations to avoid unnecessary additives sometimes found in commercial products.

### **Other Commonly Compounded Medications for Pregnancy & Postpartum**

- **Nausea & Morning Sickness:** Custom formulations of doxylamine and pyridoxine may be prepared to help manage pregnancy-related nausea.
- **Topical Pain Relief:** Compounded creams with lidocaine, anti-inflammatories, or other ingredients may be used to support relief of localized pregnancy discomfort.
- **Thyroid Support:** Bioidentical thyroid hormone formulations can be compounded for precise dosing when prescribed.

### **Why Choose Compounded Medications for Maternal Care?**

- Personalized formulations and dosing
- Alternative options for patients with allergies or sensitivities
- Variety of delivery methods (topical, suppositories, etc.)
- Collaboration between pharmacists and healthcare providers to meet individual needs

### **Quality You Can Trust**

Our pharmacy adheres to rigorous compounding standards to ensure the highest quality for every prescription. We work closely with OB-GYNs, midwives, and other healthcare

professionals to support maternal health with personalized care options. Contact our pharmacy for more information.

<https://pubmed.ncbi.nlm.nih.gov/32008730/>

<https://obgyn.onlinelibrary.wiley.com/doi/full/10.1111/aogs.12770>

<https://www.liebertpub.com/doi/pdf/10.1089/whr.2021.0104>

<https://pubmed.ncbi.nlm.nih.gov/33370542/>

## 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](#)

### 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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