

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

How Menopausal Hormone Therapy (MHT) Affects Colorectal Cancer Risk in Women with Genetic Risk

A recent study looked at how Menopausal Hormone Therapy (MHT), which is often used to treat menopause symptoms, affects the risk of colorectal cancer (CRC) in women with a higher genetic risk for the disease. The researchers studied a genetic score called the Polygenic Risk Score (PRS), which looks at 141 genes related to CRC. The study included nearly 28,500 postmenopausal women, with 11,519 women diagnosed with CRC.



The results showed that MHT can lower the risk of colorectal cancer, especially for women who have a higher genetic risk. For example, women with the highest genetic risk who used MHT had a 3.7% chance of getting CRC over 30 years, compared to 6.1% for those who didn't use MHT. For women with lower genetic risk, the difference was smaller, with a reduction from 2.2% to 1.6% for those using MHT versus those who didn't.

Scientists think MHT may help protect against CRC by affecting how estrogen and progesterone interact with cells. These hormones might help control cell growth and repair damaged DNA, though more research is needed to understand this fully.

The study suggests that using genetic information could help doctors make better decisions about whether MHT is a good choice for women, especially those with a higher risk for CRC. However, the researchers warn that MHT shouldn't be used only to prevent cancer because it can have other risks.

In summary, this research shows how personalizing treatments based on a woman's genetic background could help improve decisions about using MHT.

If you're interested in learning more about customized hormone therapy, talk to our pharmacist to see if it's a good option for you.

Br J Cancer. 2024 Jun 1; 130(10): 1687–1696.

Mitigating Side Effects While Taking Weight Loss Medications

Weight loss medications can be a tool for managing obesity, but they work best when combined with a healthy lifestyle. To maximize the benefits and reduce potential side effects, it's important to adopt proactive strategies.

A balanced diet is essential. Focus on nutrient-dense foods, such as fruits, vegetables, whole grains, lean proteins, and healthy fats. These foods not only provide necessary nutrients but also help you stay fuller longer. Staying hydrated is also important—drinking plenty of water can aid digestion, support bodily functions, and help reduce unnecessary snacking.

It's vital to work closely with your healthcare provider when taking weight loss medications. Never change your dosage without consulting your doctor, and report any side effects immediately. Regular check-ups allow your healthcare provider to monitor your progress and make necessary adjustments to your treatment plan.

Incorporating regular physical activity, such as cardiovascular exercises, strength training, and flexibility exercises, can further enhance the effectiveness of your weight loss medications. Always consult your healthcare provider before starting any new exercise routine.

At our pharmacy, we are here to support your weight loss journey. Our team can assist with medication management, provide supplement recommendations, and help create a personalized plan to meet your goals.

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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**

**REMINDER MESSAGE
ABOUT
CONSULTATIONS:**

HORMONE TESTING
We provide ZRT test kits to help us customize your hormone

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

READ MORE



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.**

therapy specifically for you!



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



Central Compounding Center South | 2609 N Duke St Suite 103 | Durham, NC 27704 US

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