

REFILLS

BLOG

CONSULTS

SUPPLEMENTS

WEIGHT LOSS



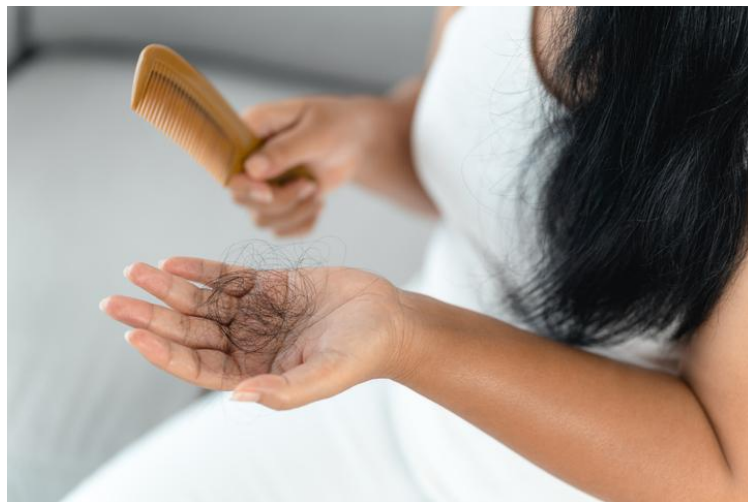
WELCOME TO OUR MONTHLY NEWSLETTER

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

Understanding Androgenic Alopecia: The Leading Cause of Hair Loss

Androgenic Alopecia, commonly known as Male and Female Pattern Baldness, is the most prevalent cause of hair loss, affecting up to 70% of men and 40% of women at some point in their lives. In men, this condition typically manifests as a receding hairline at the temples and thinning on the crown, also known as vertex balding. Women, on the other hand, usually experience diffuse thinning across the top of the scalp. This type of hair loss is driven by an inherited sensitivity to "hair follicle miniaturization" due to androgenic hormones.



Common Causes of Hair Loss

Hair loss can occur for a variety of reasons, including certain diseases, exposure to chemicals, or drug use. However, the most common causes include:

- **Androgenic Alopecia (AGA):** More than 95% of hair loss in men is due to this condition, which also affects many women.
- **Poor Nutrition:** While complete baldness is uncommon in those with nutritional deficiencies, thinning hair is often seen. Studies indicate that limited food intake and deficiencies in nutrients like biotin, amino acids (proteins), zinc, and iron can lead to hair thinning. Additionally, a diet high in animal fat, such as fast food, can

- exacerbate hair loss.
- **Stress:** Stress can restrict blood flow to the scalp's capillaries, depriving hair follicles of oxygen and nutrients necessary for growth. This effect is similar to the impact of poor circulation.
- **Medications:** Certain medications, particularly those that alter hormone levels, can contribute to hair loss. These include contraceptive pills, some forms of hormone replacement therapy, anabolic steroids, and acne treatments. Other medications that may affect hair growth include those for blood pressure, diabetes, heart disease, and cholesterol.

Compounded Solutions for Hair Loss

Other medications can be effective in treating alopecia when applied directly to the scalp. Our compounding pharmacy has formulas that combine medications and alternative therapies to create customized products that may help treat, prevent, and reverse hair thinning and loss due to AGA. Possible ingredients include:

- **Ketoconazole:** An antifungal medication, ketoconazole can also stimulate new hair growth in AGA patients. In addition to its antifungal properties, ketoconazole is believed to counteract the effects of DHT, the hormone responsible for shrinking hair follicles in individuals with AGA.
- **Finasteride:** Finasteride reduces DHT levels, thereby inhibiting hair follicle miniaturization in AGA patients. While oral finasteride is associated with side effects like decreased libido and sexual dysfunction, topical finasteride, applied directly to the scalp, may provide similar benefits with reduced systemic absorption and fewer side effects.
- **Caffeine:** Caffeine can stimulate hair follicles to help them remain in the growing phase longer.
- **Azelaic Acid:** A naturally occurring substance found in whole grains, azelaic acid has mild antibiotic properties that help reduce harmful bacteria on the skin. It is also believed to inhibit 5-alpha-reductase, an enzyme that contributes to the production of DHT. By reducing DHT levels, azelaic acid may offer effects similar to those of finasteride.

If you are experiencing hair loss or thinning, please talk to our pharmacist. We will collaborate with you and your provider to customize a solution.

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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

REMINDER MESSAGE ABOUT CONSULTATIONS:

Central Compounding Center offers one on one personal consultations with Jennifer

HORMONE TESTING

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

difficult.
READ MORE



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.**



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



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