

Ask Your Compounding Pharmacist

By Prakash Suthar, RPh



WHAT IS ADRENAL FATIGUE?

Adrenal fatigue, also called adrenal exhaustion or burnout, is often associated with intense or prolonged stress and acute or chronic infections such as flu, bronchitis or pneumonia. Symptoms of adrenal fatigue include exhaustion and weakness, which can make it difficult to get up in the morning, a struggle to carry out daily activities, or cause difficulty recovering from stress or illness. Current testing for adrenal imbalance does a great job of testing for the extremes, Cushing's syndrome and Addison's disease, but can often miss less dramatic adrenal dysfunction, which could still warrant treatment. A patient could be suffering from adrenal fatigue if fatigue and loss of energy combined with test results indicating low levels of the hormones DHEA or cortisol, also known as the "stress hormone".

TREATMENT

With proper treatment, patients can often regain a normal quality of life. Nutritional supplements including a multivitamin, fish oil, and vitamin D3, as well as proper diet, moderate exercise, relaxation, sleep and stress relief can be combined with prescription preparations customized by Kare Pharmacy's compounding lab. Your provider may recommend a prescription for compounded cortisol or DHEA hormones. Since all bodies are unique, compounding allows for a customized dose of hormones in a range of suitable preparations including capsules, suspensions, sublingual drops or a transdermal cream.

- Alcohol-free, dye-free & preservative-free medications
- Discontinued / Short supply medications
- Required strength not available
- Required dosage form not available
- Economic hardship
- Side effect intolerance
- Alcohol-free medications
- Patients not responding to conventional drug therapy
- Medication flavoring

Do you have other difficult-to-solve medication questions that you would like our compounding pharmacist to answer? Email pharmacist@kare-rx.com and we may feature your question!

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138 Arnett Blvd | Sherwood Shopping Center | Danville, VA 24540

Tel: 434.792.8281 | Fax: 434.792.3235

pharmacist@kare-rx.com | www.kare-rx.com