

# Carolina Compounding not a typical pharmacy

Medications can be customized for patients at this new store in the Ballantyne area.

SHOPTALK  
CELESTE SMITH



Carolina Compounding and Nutritional Pharmacy opened January in Cedar Walk in the Ballantyne

area, at the corner of Ardrey Kell and Marvin roads. In an e-mail interview, pharmacist K. André' Sloan explains compounding and talks about the services the business provides. His comments are edited for brevity:

Q. What do you do?

CCNP is a custom compounding-only pharmacy. Pharmacy compounding is the art and science of preparing customized medications for patients. It was prominent in the founding of pharmacy and used to be the standard means of providing prescriptions. With the advent of drug manufacturing in the 1950s and 1960s, compounding rapidly declined. The pharmacist's role as a preparer of medications quickly changed to that of a dispenser of manufactured dosage forms. However, within the last two decades, compounding has experienced a resurgence via modern technology and innovative techniques and research. Its value has been re-established as health care professionals realize the need to customize the care for patients who don't respond well to standardized strengths and dosage forms that are commercially available.

With a physician's consent, a compounding pharmacist can change the original form



The staff at Carolina Compounding and Nutritional Pharmacy (from left): Carol Land, registered dietitian; Linda Pagano, certified pharmacy technician; Irving Swartz, pharmacist; K. André' Sloan, pharmacist.

of a medication to make it easier for the patient to ingest, or add flavor to make it more palatable.

The compounding pharmacist can prepare medication using several unique delivery systems, such as transdermals (creams, ointments and gels), oral suspensions, injectables, rapid dissolve tablets, gummy bears and lollipops.

A compounding pharmacist can prepare medications that are free of ingredients that may not be tolerated by some individuals, such as preservatives, dyes, sugar, lactose or alcohol.

If ingredients are compatible, a compounding pharmacist can take the active drug of several medicines and prepare them into a single dose form to allow for increased convenience.

A compounding pharmacist can prepare discontinued or hard-to-find medications from the raw ingredients.

Q. What type of services do you provide?

Compounding specialties in the areas of bio-identical hormone replacement therapy, veterinary medicine, dermatology, urology, family practice, sports medicine, hospice, OB/GYN, ophthalmology, dental and podiatry. Nutritional services include high-quality nutritional supplements and weight-management consultations. In addition, we have an experienced registered dietitian.

Q. What does it mean to Ballantyne to have a compound pharmacy in the area?

We are the only compounding-only pharmacy located in the Ballantyne area. Before we opened, compounding customers that live in the Ballantyne area either had to spend time and gas driving a great distance or have their medications mailed or delivered to them for a fee.

The pharmacy is located at 16709 Orchard Stone Run, Suite 310. Hours are Monday-Friday 9 a.m.-5 p.m. Phone: 704-540-4330.

Meet Our Advertisers

## Good Medicine

CarolinaCompounding And Nutritional Pharmacy

BY MELINDA JOHNSTON



(l to r) Tia Bost; Carol Land, MSN, RD, LDN; Laura Burrell, CPhT; André Sloan, RPh; and Linda Pagano, CPhT.

dermatologists, urologists, OB/GYNs, ophthalmologists, family practitioners, and yes, veterinarians — are discovering that compounded medicines are the safest and most effective for some patients.

"In the 1930s and '40s, 60 per-

cent of all medications were compounded," explains pharmacy owner André Sloan. "In the 1950s and '60s, drug companies started growing larger, and pharmacists became more dispensers of medications than compounders. Now, physicians are realizing that there is a real need to customize medications for patients who don't respond well to standardized strengths and dosage forms."

The pharmacists at CCNP can prepare medications that are free of preservatives, dyes, sugar, lactose, alcohol, or other ingredients that may not be tolerated well by some patients. In addition, these compounding experts can alter the original form of a medication to make it easier for the patient to ingest.

"Since we are a custom-only compounding pharmacy," says Sloan, "all of our focus, energy, and efforts go into preparing unique medications specially prescribed for you and your loved ones." **TCW**

The staff at Carolina Compounding and Nutritional Pharmacy specializes in the art and science of preparing customized medications for all customers — both people and pets!

Here, you won't find sales clerks sorting photos, or soft drinks crowding the aisles. What you will find are shelves lined with the highest-quality, pharmaceutical-grade vitamins and herbal supplements, certified nutrition and weight management consultants, and a team of pharmacy professionals ready to meet your individualized prescription needs.

Embracing an apothecary model originally popular more than a half-century ago, this compounding-only pharmacy fills what has become a growing niche for dispensing personalized medications as doctors of all specialties — including

### ToLearnMore

Carolina Compounding and Nutritional Pharmacy is located in Cedar Walk at 16709 Orchard Stone Run, Suite 310, at the corner of Ardrey Kell and Marvin roads. Hours are 9 a.m. to 5 p.m., Mon. through Fri. For information, visit [ccnprx.com](http://ccnprx.com), or call 704/540-4330.