

PENINSULA PHARMACIES News Capsule

Fall 2006

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Upcoming Events at Peninsula Pharmacies

- ✓ Flu shots available in October! Call Ilwaco Pharmacy for details.
- ✓ Diabetes Foot and Shoe Day
Fri, Oct. 13th
10AM - 4PM
Ilwaco Pharmacy
- ✓ 24th Annual Long Beach Pharmacy Night Sale - Saturday
Nov. 25th 7-9PM
25% off gift items!



Ilwaco Pharmacy
101 1st Ave South
Ilwaco, WA 98624
p: (360) 642-3133
f: (360)-642-5133

Long Beach Pharmacy
101 Bolstad Ave.
Long Beach, WA 98631
p: (360) 642-3200
f: (360) 642-8786

Ocean Park Pharmacy
1501 Bay Ave.
Ocean Park, WA 98640
p: (360) 665-5181
f: (360) 665-6264

New Digital Photo Kiosk at Long Beach Pharmacy

A new photo kiosk is available now at Long Beach Pharmacy to print your digital pictures! The kiosk accepts all forms of digital media and prints pictures in seconds. Customized greeting cards can be created and both 4x6 and 5x7 prints are available. In addition, photo packages, passport photos and picture CDs are all offered. With the new kiosk, you'll get photo quality you can't get from home! Stop in today and make digital prints in seconds!



Light Therapy: A Cure for the Winter Blues

Do you suffer from one or more of these symptoms?

- ❖ Fatigue
- ❖ Irritability
- ❖ Weight Gain
- ❖ Lack of Energy
- ❖ Increased Sleep
- ❖ Carbohydrate Cravings
- ❖ Difficulty in Awakening
- ❖ Sadness
- ❖ Decreased Social Activity

If so, then Light Therapy may be the answer for you!

Natural light normally regulates our internal biological clocks, which control our alertness and energy. When dim indoor lighting, dark winters or shift work disrupt our body clocks, our bodies get out of sync, causing lethargy and moodiness. Light deprivation is usually due to the short days and long nights of winter. Bio-Lights are research quality light boxes that simulate daylight and its positive, regulating effect on

Did you know that Ilwaco Pharmacy can bill Medicare for your diabetes testing supplies and shoes, nebulizer medications and items such as walkers & canes?

You don't need to rely on mail order for these supplies!

Stop by Ilwaco Pharmacy and we'll take care of the Medicare billing for you!

the human body. Bio-Lights are designed to meet the specifications researchers have found necessary to regulate body rhythms. Bio-Lights can be used to effectively treat Seasonal Affective Disorder (SAD), Biological Rhythm Disorders, Sleep and Mood Disorders, Decreased Libido, Shift Work Adjustments, Winter Blues, Jet Lag and PMS.

When using a Bio-Light, treatment duration can vary, but ranges from 15 minutes to 2 hours daily. Most research has indicated that using the light boxes in the morning is the most effective.



Relief begins in 3 to 4 days and is usually complete within 2 weeks. Remission of symptoms continues as long as the light sessions are continued. Sessions can be discontinued when spring arrives with longer daylight hours. The Bio-Lights start at \$299 and may be covered by some insurance plans. For more information, ask your pharmacist!

Low Testosterone Linked to Health Problems

According to a recent study, men with health problems such as obesity, diabetes, and high blood pressure may be twice as likely as other men their age to have low testosterone levels. Researchers found that over a third of the men in the study over age 45 had low levels, and the odds of having less testosterone were greater among those with chronic health problems. They said that the results suggest that common, age-related, chronic health problems in older men may mask underlying low testosterone levels and negatively affect their quality of life. Low testosterone affects an estimated 13 million men in the United States. Symptoms of low testosterone in men include decreased libido, erectile dysfunction, loss of body and facial hair, weakened bones, increased body fat, and fatigue.

- Pharmacy Times

Calcium Could Help Women Watch Their Weight

Women in their 50s who consumed more than 500 mg of calcium a day in supplements gained 4 lb less over 10 years than women who did not take any calcium, according to researchers at the Fred Hutchinson Cancer Research Center in Seattle, WA. Although there is evidence that calcium can help women keep weight off, the investigators were hesitant to recommend calcium as a weight-maintenance aid. Researchers looked at weight gain and calcium intake over an 8-12 year period in 10,591 men and women between 53 and 57 years of age. Whereas calcium intake had no effect on weight gain in men, they found that the women who took 500 mg or more of calcium a day gained an average of 11.2 lb over 10 years, while women who took no calcium supplements gained an average of 15.2 lb. The results were published in the July 2006 edition of the *Journal*

of the American Dietetic Association. -Pharmacy Times

Next Open Enrollment Period for Medicare Part D Begins November 15th

The next open enrollment period for Medicare Part D is November 15th, 2006 to December 31st, 2006. However, coverage for people who enroll during this period will not take effect until January 1st, 2007. If you didn't sign up when you were first eligible or by May 15th, 2006, your premium cost will likely go up at least 1% per month for every month that you did not join. Like other insurance, if you join, you will pay a monthly premium, which varies by plan, and a yearly deductible (no more than \$250 in 2006). You will also pay a part of the cost of your prescriptions, including a copayment. Costs will vary depending on which drug plan you choose. Ask your pharmacist for more information.

Supplements of the Month

Probiotics

Probiotics, including Lactobacillus organisms, may be beneficial in treating gastrointestinal disorders, specifically bacterial or candida overgrowth. Probiotics are depleted with antibiotic use, and are recommended for long-term antibiotic therapy. Lactobacillus products can decrease cholesterol as an added benefit and may also be used to boost the immune system.

Probiotic Pearls help your body achieve a balance of healthy bacteria to boost its natural defense capabilities

and guarantees delivery into the intestine to increase healthy intestinal flora. Studies show the pearls deliver up to 900% more intact microflora to the intestine than 4 leading competitors. The usual dose is 1 pearl daily with meals.



Greens First

We need to eat a lot of fruits and vegetables, yet most of us do not get the recommended 5 to 9 servings. If you are one of the many who doesn't, then Greens First may be right for you.

Greens First is a unique "Super Food" powder mix loaded with natural, organic, whole foods and extracts. Super Foods include dark green plants, medicinal herbs, natural food concentrates and many kinds of fruits and vegetables. Greens First supplies many natural vitamins, minerals, enzymes and antioxidants for optimal energy metabolism, fat burning, digestion, detoxification, immunity, repair, recovery, rejuvenation, and vital longevity. The recommended dose is one scoop daily mixed with 8 ounces of water.



Meet the Staff



Jeff Harrell, Pharmacist

- You may see Jeff at any of the three Peninsula Pharmacies
- Jeff graduated from Ilwaco High School in 1994 and Washington State University School of Pharmacy in 2001.
- Jeff is interested in home health care and specializes in durable medical equipment and sports braces/wraps.
- Jeff doubles as the company's computer specialist.
- Jeff lives in Ilwaco with his wife, Casey Harrell, also a pharmacist.

Veterinary Compounding: Making Medication a Treat For Your Pet

As a pet owner, you want your pet to receive the highest quality of care. You want treatment as sophisticated and compassionate as you might receive yourself. You're not alone. Today's veterinarians realize that pet owners are more knowledgeable than in the past, and expect a more advanced level of care. The practice of pharmacy compounding is becoming a popular solution to veterinary problems. Compounding is the art and science of preparing customized medications for patients.

The Compounding Solution

Why should you consider compounding as a solution for your pet's medical problems? That can be answered with another question: How hard is it to get your cat to swallow a pill?

As any pet owner is well aware, animals may be extremely difficult to treat with medications. Cats are notorious for refusing to swallow a pill, and will usually eat right around one disguised in food. In some cases, a transdermal or topical gel

can be applied to the cat's ear to transport the medication. Dosages can also be very tricky with dogs - a medication that works for an 80-pound Golden Retriever is far too much for a six-pound Yorkie to handle.

Humans and animals often have variations of the same diseases, including skin rashes, heart conditions, eye and ear infections, cancer and diabetes. Pet medications, though, present unique problems that are often best dealt with through compounding.



Flavored Medicine

The pet who refuses to take medication because of the taste is often a prime opportunity for compounding. Cats don't like pills, but they do like tuna. Dogs don't appreciate a traditional solution of medication being squirted into their mouth, but they'll gladly take it when it's part of a tasty biscuit or treat. By working closely with your veterinarian, a compounding pharmacist can prepare medicines in easy-to-give flavored dosage

forms that animals devour, whether your pet is a cat, dog, ferret, bird or snake.

Solving Dosage Problems

Just like their owners, animals are individual and unique. They come in different shapes and sizes, and as a result, not all commercially available medicines are appropriate for your pet. Commercial medicine often comes in large tablets or capsules of 100mg or more. But a small kitten may need a dose of only 15mg. That's where compounding is especially helpful. In this situation, your veterinarian can prescribe a tuna-flavored suspension with an amount that is exactly right for your pet's size and condition.

Commercially Unavailable Medicine

From time to time, a manufacturer will discontinue a medication used in veterinary applications. When that medication has worked well for animals, a compounding pharmacist can prepare a prescription for the discontinued product - at a dosage strength and dose form appropriate for that pet's specific needs.

Punky's Foot Notes

Last chance for shoes in 2006!

The end of 2006 is quickly approaching and you've still got time to get a pair of shoes! Medicare covers one pair of shoes and three inserts per calendar year for people with diabetes. Ilwaco Pharmacy carries a complete line of Aetrex footwear and will handle all the billing and paperwork for you.

Aetrex is a line of therapeutic and comfort footwear which combines the latest developments in pedorthics with state of the art shoe design. The shoes are available in many styles and colors, including dress shoes, hiking shoes, and even running shoes. Besides people with diabetes, the shoes would benefit anyone who has foot problems or has a job that requires a lot of standing. The Aetrex shoes are designed to limit stress on



the areas of the foot most susceptible to pain. The shoes also feature a high, wide toe box to limit pressure at the toe area and to accommodate painful foot conditions, including bunions, claw toes and hammer toes.

Ilwaco Pharmacy also carries a complete selection of foot care products, including heel cups, orthotics, insoles, forefoot supports and more. Gel insoles are available to maximize comfort and provide the greatest relief of pain at sensitive areas. Gel heel cups are also offered to absorb shock, cushion painful heels and reduce stress on the Achilles tendon.

Performance inserts are available as well, including Outdoor/Hiking insoles, Cross Trainer insoles and Walker/Runner Performance Insoles. These insoles were designed to provide maximum stability and shock absorption.



Stop by the pharmacy to check out the Aetrex line of shoes and foot care products! While you're there, have your foot scanned on the new iStep program, which will accurately measure your feet and determine foot type and pressure points.



Don't miss the Diabetes Foot and Shoe Day! Friday, October 13th, 2006 10AM to 4PM Ilwaco Pharmacy

Get fitted for shoes and inserts, address your foot concerns, and get free information and samples!



PO Box B
Ilwaco, WA 98624



New Photo Kiosk at Long Beach Pharmacy!
Prints Pictures in seconds!
Accepts all forms of digital media!
Create custom greeting cards from your digital pictures!

Spry Dental Defense products now available at Long Beach Pharmacy! These products, which include chewing gum, mints, toothpaste, mouthwash and infant tooth gel, contain Xylitol, a natural sweetener. Clinical studies have shown reductions in tooth decay by up to 80% in people who use xylitol products. Xylitol prevents bacteria from sticking to teeth. Using these products may reduce cavities, plaque formation, gum inflammation and can reduce ear infections by up to 40%.

Spry Dental Products - Now Available!

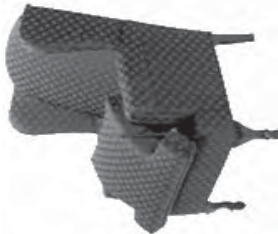


Emer'gen-C is an anti-oxidant that provides nutritional support for a great variety of needs. Unlike other Vitamin C supplements, it's a combination of ascorbic acid (Vitamin C) and specific minerals that make it easier for your body to absorb. Emer'gen-C is a great remedy for everything from colds, low energy, jet lag, and even hangovers! Its effects last for up to eight hours. Emer'gen-C comes in many delicious flavors, fizzes in water, and contains 1,000mg of Vitamin C with 28 different mineral electrolytes plus B Vitamins. Also available in a high calcium formula and glucosamine/MSM formula!



Save 25% on any 36-count box!

Risedale Lift Chairs are perfect for those that need a little assistance getting up. Risedale offers you an attractive and stylish wingback chair that blends well with your formal living room furniture; a unique lift chair that doesn't look like a medical device. Risedale is upholstered in elegant brocade fabric, and comes in four attractive colors.



Risedale Lift Chairs - Available at Ilwaco Pharmacy



Come see Long Beach Pharmacy's large selection of Tyler Candles! Available in a wide variety of scents and sizes, Tyler candles make great gifts!

Tyler Candle Scent of the Month
30% off