



PENINSULA PHARMACIES News Capsule

Fall 2007 PUBLISHED BY PENINSULA PHARMACIES, INC. Vol. 3, Issue 2

Upcoming Events at Peninsula Pharmacies

- ✓ Diabetes Foot and Shoe Day
Fri, Nov 2nd
10AM - 4PM
Ilwaco Pharmacy
- ✓ Flu shots available in October!
Call Ilwaco Pharmacy for an appointment!
- ✓ 25th Annual Long Beach Pharmacy Night Sale - Saturday
Nov. 24th 7-9PM
25% off all 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

What's Happening in the Peninsula Pharmacies

You may have noticed some construction work at the former candy store next to Long Beach Pharmacy. A new compounding lab and wellness center is coming soon! The lab will be well equipped to handle all of your compounding needs and the store will eventually stock a selection of vitamins and herbal/homeopathic products.

Peninsula Pharmacies has partnered with Pacific County to offer sharps container disposal at each of the locations. This will assure that potentially hazardous "sharps" are appropriately disposed. Needles and syringes must be in an approved sharps container. Contact the pharmacies with questions.

Beginning October 1st, flu and pneumonia shots will be available. Call Ilwaco

Pharmacy at 642-3133 ext. 3 to schedule an appointment. You may also wish to schedule a Zostavax shot as well. Zostavax was approved to prevent shingles in people over age 60. It is now approved for those who have already had shingles to prevent reoccurrences.

Finally, Peninsula Pharmacies would like to welcome Cathie Bannister! Cathie will be working in the bookkeeping office at Ilwaco Pharmacy.



Light Therapy: A Cure for the Winter Blues

Do you suffer from one or more of these symptoms?

- ❖ Fatigue
- ❖ Weight Gain
- ❖ Increased Sleep
- ❖ Carbohydrate Cravings
- ❖ Difficulty in Awakening
- ❖ Sadness

If so, then Light Therapy may be the answer for you! Natural light normally regulates our internal biological clocks, which controls 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 light boxes that simulate daylight and its positive, regulating effect on 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, Biological Rhythm Disorders, Sleep and Mood Disorders, Decreased Libido, Shift Work Adjustments, , Jet Lag and PMS. When using a Bio-Light, treatment duration can vary, but ranges from 15 minutes to 2 hours daily. 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!

Three Stores of Friendly Professional Service

Walking Holds Multiple Benefits for Women

Several studies have been released with evidence that regular walking can benefit women at various ages and stages of life. One such study from Harvard Medical School (Boston, Mass) looked at women who took part in the Nurses' Health Study. The researchers found that the more active the women were as they got older, the less likely they were to develop incontinence, with the most active women being 15% to 20% less likely to report urine leaks than less active women; those who walked regularly reported a 26% lower risk.

Another study from Pennsylvania State University showed that women who are going through menopause experienced less severe symptoms if they walked or took yoga on a regular basis.

-Pharmacy Times

Fish, Vitamin D May Preserve Eyesight

Eating fish and getting enough vitamin D can reduce the risk of age-related macular degeneration (AMD), the most common cause of blindness after age 60. In a recent study, people who ate more than two servings of fish a week were 39% less likely to have advanced AMD than those who ate less than one serving per month. The omega-3 fatty acids in oily fish may protect the eyes by improving blood vessel function and reducing inflammation. In another study, people with the highest blood levels of vitamin D had a 40% lower risk of early AMD than those with the lowest levels.

Like omega-3s, vitamin D may have anti-inflammatory effects.

-Archives of Ophthalmology, May 2007

Strength Training Helps Rejuvenate Older Muscles

Regular strength training may be a fountain of youth for skeletal muscles at the cellular level. Scientists took thigh-muscle samples from 25 active people aged 65 and older and 26 younger persons both before and after half of the older group completed an hour-long series of 12 resistance exercises twice a week for 6 months. Researchers found that the older crowd's muscle tissue underwent dramatic changes that improved functioning of the cells' energy centers, and restored a youthful look to muscles.

-PloS One, May 2007

Medicare Part D Open Enrollment begins November 15th! Ask your pharmacist which plan is best for you!

Supplements of the Month

PhytoPharmica's Esberitox

Esberitox is a clinically studied formula that contains a blend of two echinacea extracts. It supports a broader range of immune functions than single-herb echinacea products alone. It is provided in convenient, chewable tablets that are safe for the entire family.



The safe and efficacious use of Esberitox in both children and adults has been documented in over thirty clinical and scientific studies. Unlike Echinacea, studies on the Esberitox combination have yielded only positive findings.

Esberitox supports and fortifies the immune system and enhances the body's natural defense mechanisms and it is not known to interfere with prescription medications.

Eye Vitamin Formulas

Good nutrition is very important to healthy eyes and your eyes require the right amount of nutrients to work their best, especially as you get older.

More and more research points to the importance of proper nutrition in the treatment and prevention of age-related eye diseases. Several research studies have focused on the role of carotenoids in eye nutrition. Carotenoids are an essential nutrient group derived from fruits and vegetables, and include vitamins A, C and E, which help promote and maintain healthy vision. Results from the study show that zinc, copper and other antioxidants are also essential in maintaining healthy vision.

Our bodies don't make these nutrients on their own, so we must get them through diet or supplementation.



Meet the Staff



Sue Freese, Pharmacist

- Sue grew up in North Bend, WA, and graduated from Washington State University College of Pharmacy in 1977.
- Sue began employment at Peninsula Pharmacies in 1977, working for Dave Aase and Fred Lawrence for 10 years.
- Sue co-owned the pharmacies for 20 years, partnered with Fred Lawrence for 10 years and Tom Sutherland for 10 years.
- Sue has enjoyed caring for patients and making a difference in people's lives by giving them knowledge about medications.

Andropause: The Male Menopause

Recent research has identified a number of common physical and emotional symptoms experienced by aging men. Termed “andropause” or “male menopause,” these symptoms are related to decreasing levels of testosterone or increasing levels of estrogen. Unlike menopause, studies concerning Andropause are few and far between. It is estimated that 20-30% of men older than 50 years may have this condition. The effects over a period of years can be numerous:



decreased libido, impotence, decreased muscle mass and strength, osteoporosis, heart disease, sleep disorders, mood changes, depression and anxiety.

Treatment of andropause usually involves “rebalancing” the system with

supplemental testosterone. Supplementation of the basic natural hormone testosterone has shown to be an effective treatment for most men experiencing andropause. However, not all men are the same. The amount of testosterone to help address the symptoms of a 230-lb man differ from that required of a 160-lb man. The value of hormone replacement through pharmacy compounding is its ability to customize a therapy to fit your individual body and hormone levels.

Just as dosage strength can vary, so can the way it’s best administered. While injection is probably the most common form of taking testosterone, it’s not always the best option for everyone. Many now believe the most effective means of dosing testosterone is topically, via creams, lotions or gels that are applied directly to the skin.

In addition, healthy lifestyle changes, weight and diet management,

exercise, and stress management also seem to help one’s hormonal balance and andropausal symptoms. Medications such as Viagra and antidepressants can help to alleviate selected symptoms.



While growing older is inevitable, the effects of andropause can be addressed. If you are a male who is 45 years or older, and are experiencing these symptoms, let your physician know about it. Current medical guidelines recommend limiting testosterone replacement therapy only to men with diagnosed hypogonadism. Testosterone therapy is not for everyone and warrants careful consideration of risks and benefits. For more information on this topic, or how compounded medication therapy can help you, contact your local pharmacist.

Punky’s Foot Notes

Foot Care Facts

Here are some interesting “foot facts” you may not know!

- 3 out of 4 Americans experience serious foot problems in their lifetime.
- The foot contains 26 bones, 33 joints, 107 ligaments and 19 muscles.
- ¼ of all the bones in the human body are down in your feet. When these bones are out of alignment, so is the rest of your body.
- Only a small percentage of the population is born with foot problems.
- It’s neglect and lack of awareness of proper care – including ill-fitting shoes – that bring on problems.
- Women have about four times as many foot problems as men. High heels are partly to blame.
- Walking is the best exercise for your feet. It also contributes to your general health by improving circulation, helping with weight control, and promoting all-around well being.

- Your feet mirror your general health. Conditions such as arthritis, diabetes, nerve and circulatory disorders can show their initial symptoms in the feet – so foot ailments can be your first sign of a more serious medical problem.
- Arthritis is the number one cause of disability in America. It limits everyday dressing, climbing stairs, getting in and out of bed or walking for about 7 million Americans.

- About 60-70% of people with diabetes have mild to severe forms of diabetic nerve damage, which in severe forms, can lead to lower limb amputations. Approximately 56,000 people a year lose their foot or leg to diabetes.



- There are 250,000 sweat glands in a pair of feet. Sweat glands in the feet excrete as much as a half-pint of moisture a day.

- The average person takes 8,000 to 10,000 steps a day, which adds up to about 115,000 miles over a lifetime. That’s enough to go around the circumference of the earth four times.
- There are currently more websites on the Internet having to do with foot fetishes than with foot health.

Don’t forget that Medicare pays for one pair of shoes and three pairs of inserts per year for people with diabetes. Don’t miss our Diabetes Foot and Shoe day on Friday, November 2nd! A certified pedorthist will be on hand to help fit shoes and answer your foot questions!

Don’t miss the Diabetes Foot and Shoe Day!
Friday, November 2nd
10AM to 4PM
Ilwaco Pharmacy



PO Box B
Ilwaco, WA 98624

Email Your Refills

Did you know you can email your refills to any of the Peninsula Pharmacies? Just put "Refill Request" in the subject of your email and send us your prescription numbers. If the email reaches us, you will get an automatic reply.

Long Beach Pharmacy: longbeachpharmacy@centurytel.net

Ilwaco Pharmacy: ilwacopharmacy@centurytel.net

Ocean Park Pharmacy: oceanparkpharmacy@centurytel.net

Cinnergén was designed to help the body metabolize sugar and is a liquid nutritional supplement. The concentrates in Cinnergén include amino acids, vitamins, minerals, enzymes, bioflavonoids, antioxidants and several phytochemicals, all of which are beneficial to the body. Cinnergén is beneficial for diabetics or anyone with higher than normal blood sugar levels or insulin resistance. Cinnergén has been shown to increase energy, alertness and provide a general sense of well-being. Studies have shown blood sugar levels decline after 3-4 weeks of use.



Find Cinnergén at all locations!

Whole Body Cleanse is a simple, 2-week program to rid your body of toxins. Toxins come from many sources, everyday—from the foods we eat to the air we breathe. This kit helps you achieve healthy, comfortable internal cleansing and thorough detoxification—without depleting beneficial nutrients your body needs. This kit contains fiber, a gentle laxative formula, and milk thistle for liver support. Whole Body Yeast Balance and Complete Liver Cleanse also available.



Whole Body Cleanse Detoxification System

Oscilloccoccinum, the #1 OTC flu medicine in France, is becoming increasingly popular in the United States. This homeopathic medicine has been shown in clinical studies to decrease the duration and intensity of flu symptoms, including fever, chills, and body aches. There are no known side effects or drug interactions, and because of its safety, Oscilloccoccinum is a good first line of defense in treating the flu.



Oscillo - Protect yourself from the flu!

Beanpod Candles are made from naturally harvested soybeans. They are clean burning, long lasting products made from soy wax. Soy wax is also biodegradable and does not release any black soot on furnishings or walls. You'll discover the quality of a Beanpod candle as soon as you see the bright color and breathe in its rich scent.



Beanpod Candles - Available now at Ilwaco and Ocean Park Pharmacies!