



PENINSULA PHARMACIES News Capsule

March/April 2006

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Upcoming Events at Peninsula Pharmacies

- ✓ Diabetes Foot and Shoe Day
Fri, April 21st
10AM - 4PM
Ilwaco Pharmacy
- ✓ Easter Sunday is Sunday, April 16th!
We can help you fill your Easter baskets!
Hop on in for a great selection of chocolate bunnies, sugar-free candy, and more!



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

Making Your Pharmacy Experience a Good One

With the start of Medicare prescription drug coverage, you may have noticed that the Peninsula Pharmacies have gotten busier! With Medicare Part D and the increasing prescription volumes, the pharmacy staff is working hard to ensure your prescription is processed quickly and accurately. Here are some tips to ensure your pharmacy experience is a good one:

- ✓ Phone your prescription refills in advance – Calling your prescriptions into the pharmacy a day or two before you need them will ensure they will be ready when you arrive. You won't have to wait!
- ✓ Pay attention to refills remaining – if there are no refills remaining or if your prescription is over a year old, give us a call! We will call your doctor on your

behalf and refill your prescription. Allow at least two to three days, as most physician offices require that much time.

- ✓ Plan ahead when going on vacation - go through your medications a week before leaving on vacation and let us know if you will need a refill. Allow several days in case your doctor needs to be called or a medication needs to be ordered.

- ✓ Be patient – be prepared for the unexpected, especially with insurance companies dictating which medications you can receive and how much you will pay. The pharmacy staff will do everything we can to refill your prescription, but there may be times we will have to call your insurance company to get a medication covered. Be patient with us, and realize we are only trying to help you.



Hormone Replacement Seminar

Wednesday, March 29th, 2006
7:00PM

Location: Peninsula Church Center
5000 N Place, Seaview, WA 98644

Fee: \$20.00

Call 360/642-2349 to register - Space is Limited!

Have your questions answered, learn about new hormone testing methods, and receive a free copy of Dr. George Gillson's *You've Hit Menopause, Now What?*

Three Stores of Friendly Professional Service

Statins May Delay Alzheimer’s Effects

Cholesterol-lowering drugs may help delay the progression of Alzheimer’s disease, according to the results of a study from the University Hospital in Lille, France. For more than 3 years, researchers there studied 342 patients with the disease, 234 of whom had high cholesterol levels. About half of these patients were given statins (*Lipitor, Zocor*, etc.), and the rest received no treatment. The investigators found that the illness did not progress as quickly in patients taking statins for their high cholesterol levels as it did in their peers who did not take statins.

Professor Florence Pasquier of the University Hospital said that the drugs “may slow cognitive decline and have a neuroprotective effect.” The findings were reported in the

December 2005 issue of the *Journal of Neurology, Neurosurgery, and Psychiatry*. They support the results of other studies that have suggested that high cholesterol levels may play a part in the progression of Alzheimer’s Disease.

-*Pharmacy Times*

Home Monitoring Helps Control Blood Pressure

According to a report in the *American Journal of Hypertension* (November 2005), patients who monitor their own high blood pressure (BP) at home show better overall control of their condition than those who just rely on standard monitoring at their physicians’ offices. A study was conducted at Turku University Hospital in Finland as the result of disagreement over the effectiveness of home monitoring. The study

involved 55 primary health care centers.

A group of 113 patients measured their BP at home using an automated device twice daily for 7 days and then again at 2, 4, and 6 months. They returned their results to their respective physicians’ offices. Another group of 119 patients had their BP measured in their primary care physicians’ offices at the same time periods. The physicians in both groups were instructed to intensify treatment if target BP was not met.

At the end of the study, both groups showed marked drops in BP, but the effects were more pronounced in the home-monitoring group. The researchers also noted that more patients in the home-monitoring group reached their target BP.

-*Pharmacy Times*

Supplements of the Month

Thorne’s Cholest™

Cholest™ contains red yeast rice extract and the heart-essential nutrient coenzyme Q10. Red yeast rice has been used in China as a food and medicine for over 2000 years, and in recent years has been found to

decrease blood lipids, including total cholesterol, LDL, and triglycerides. Cholest™ contains nine naturally occurring HMG-CoA reductase inhibiting compounds and is a natural alternative to statin drugs (*Lipitor, Crestor*, etc.) Studies have shown that Cholest™ can reduce total cholesterol by up to 17% without any of the side effects of statin drugs. The recommended dose is two to four capsules twice a day.



Omega-3 Fatty Acids

Fish oil contains EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid), both omega-3 fatty acids. These fatty acids are not produced by the body and must be taken in through diet or

supplementation. There is now evidence that these fatty acids can improve health and help prevent disease, including lowering triglycerides, general heart benefits, as well as helping with diabetes, strokes, depression, arthritis, allergies, circulation problems, ADHD, Alzheimer’s, skin disorders, gout, and many others. The usual dose is 1000mg one to two times daily with meals.



Meet the Staff



Casey Harrell, Pharmacist

- You may see Casey at any of the three Peninsula Pharmacies
- Casey grew up in Kent, WA and graduated from Washington State University School of Pharmacy
 - Casey enjoys compounding prescriptions and particularly enjoys helping women with bio-identical hormone replacement.
 - Casey is the creator of this newsletter
- Casey lives in Long Beach with her husband, Jeff Harrell, also a pharmacist.

Bio-Identical Hormones: The Most Common Types

In the last issue, you were introduced to bio-identical hormones. In this issue, you will learn more about the most common types of hormones. The three types of hormones typically prescribed for natural hormone replacement therapy are estrogens, progesterone and androgens. The components of each woman's therapy need to be determined on an individual basis and close monitoring is essential.

Estrogens:

- Are responsible for normal growth and development of female sex organs
- Maintain secondary sex characteristics
- Protect against bone loss and heart disease

The term "estrogen" actually refers to a group of related hormones, each with a unique profile of activity. The three principle estrogens in humans are Estriol (E3), Estradiol (E2) and

Estrone (E1). The use of one or more of these hormones is referred to as Estrogen Replacement Therapy (ERT). These hormones are often prescribed in combination.

Progesterone:

- Is necessary during pregnancy for maintenance of the uterine lining
- Prepares the breasts for lactation
- Increases bone mass and density
- Protects against endometrial hyperplasia resulting from estrogen therapy

The Postmenopausal Estrogen/Progesterone Interventions (PEPI) Trial, a study of 875 healthy postmenopausal women, confirmed that synthetic progestins partially negate the beneficial effects on cholesterol levels that result from taking estrogen. Natural progesterone, on the other hand, maintains all the benefits of estrogen on cholesterol without any of the side effects associated with

synthetic progestins, such as medroxyprogesterone acetate.

Androgens, such as testosterone:

- Enhance libido
- Provide cardiovascular protection (lower cholesterol)
- Enhance bone building
- Improve energy level and mental alertness

The addition of the androgens testosterone and dehydroepiandrosterone (DHEA) may protect against osteoporosis, loss of immune function, obesity and diabetes.

Every woman is unique. Therefore, it is a sensible approach for the patient, pharmacist and physician or nurse practitioner to work together to customize hormone replacement therapy. Bio-Identical HRT can be compounded in the needed strength and dosage form and administered via the most appropriate route to meet each woman's needs.

Punky's Foot Notes

Many people are discovering the new line of Aetrex shoes at Ilwaco Pharmacy. Aetrex is a line of therapeutic and comfort footwear which combines the latest developments in pedorthics with state of the art shoe design. The

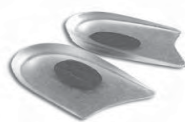
shoes are available in many styles and colors, including

dress shoes, hiking shoes, and even running shoes. Medicare will cover one pair of shoes each year for people with diabetes, as well as three pairs of insoles. The shoes, however, 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 will also be carrying 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. The insoles are made from medical grade platinum gel that is clinically proven to absorb shock



forces and help provide immediate relief. These insoles fit comfortably in most footwear styles. Gel heel cups are available to absorb shock, cushion painful heels

and reduce stress on the Achilles tendon. A posted heel cup is also on hand to gently realign the rearfoot – ideal for those with "flat feet". 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 new 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.





101 1st Ave South
Ilwaco, WA 98624



10% off ANY Home Blood Pressure Monitor with this ad!

HeadOn[®] is revolutionizing the way we treat our headaches and migraines. HeadOn[®] is available over-the-counter for the relief of headaches and migraines without tablets, caplets, gel caps or patches. HeadOn[®] is a homeopathic product that is safe and effective, with no unwanted side effects. It is not habit forming, and is available in Migraine Relief Formula, Tension Headache Relief Formula, and Extra Strength Headache Formula. Each tube holds up to 100 applications.



HeadOn[®]
\$8.26

For today, Why Not Be Open?



The Be Open bottle opener is sure to light up your face and those of your guests every time you use it. A unique spring loaded mechanism pries both twist off and pull top bottle caps when you push down on the opener. It's as easy as 1, 2, 3 to open bottles with this fun and one of a kind tool. It serves as a great gift for everyone! Get your Be Open bottle opener for Grads and Dads!

Be Open Bottle Openers - \$10.00 to \$20.00

MSM (methylsulfonylmethane) is an organic sulfur compound that plays a major role in healthy body functions. MSM helps eliminate toxins, nourishes skin, relieves pain and inflammation, reduces swelling, and speeds healing. Ultra Relief MSM Cream is effective for pain, many skin conditions, and as a skin moisturizer!



Nutra Skin and Joint Ultra Relief MSM Cream
Available Now at Long Beach Pharmacy!

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 \$2.00 on any 36-count box with this ad!