



# PENINSULA PHARMACIES News Capsule

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## Upcoming Events at Peninsula Pharmacies

- √ Diabetes Foot and Shoe Day  
Fri, May 11th  
10AM - 4PM  
Ilwaco Pharmacy
- √ Easter Sunday is Sunday, April 8th!  
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

## New Vaccine Approved for Shingles



The Food and Drug Administration (FDA) recently approved Zostavax, a new vaccine to reduce the risk of shingles (herpes zoster) for use in people age 60 and older. Shingles is a disease caused by the varicella-zoster virus, the same virus that causes chickenpox. After an attack of chickenpox, the virus lies dormant in certain nerve tissue. As people age, it is possible for the virus to reappear in the form of shingles. Shingles is characterized by clusters of blisters, which develop on one side of the body and can cause severe pain that may last for weeks, months or years after the virus disappears.

Zostavax, a live virus vaccine, was shown to boost immunity against the virus. The vaccine is given as a single injection under the skin. The vaccine does require a prescription from your doctor and may be covered by your prescription insurance. Zostavax is available now at Ilwaco Pharmacy! Call now for more information!

### 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.

Long Beach Pharmacy:

longbeachpharmacy@centurytel.net

Ilwaco Pharmacy:

ilwacopharmacy@centurytel.net

Ocean Park Pharmacy:

oceanparkpharmacy@centurytel.net

## Changes in Store For Ocean Park Pharmacy



You may have noticed some recent changes at Ocean Park Pharmacy. First, the outside was spruced up with new paint and new signs. This was followed by a new paint job for the inside of the store. More changes are currently in progress, as new gifts and over-the-counter products are arriving daily. For example, the Nature's Blend line of vitamins has been expanded and a full line of 21<sup>st</sup> Century vitamins was added. A new line of cards by Seattle artist Shannon Martin is now available and new Beanpod soy candles are offered. Watch for new products and changes as Ocean Park Pharmacy receives a "facelift"!

One of the biggest changes that Ocean Park Pharmacy will be experiencing is the retirement of long-time technician Deanna Brooks. Deanna, who has worked at Ocean Park Pharmacy for ten years, is packing up and moving to Canada to be with her family. Deanna will be greatly missed by both staff and customers! Kate Lovett will become the full-time replacement for Ocean Park Pharmacy. You may already know Kate, as she currently works in the pharmacy several days a week. Kate grew up on the peninsula and is a 2005 graduate of Ilwaco High School. Be sure to stop by Ocean Park Pharmacy to say your good-byes to Deanna and to welcome Kate!

**IBC: The Rare, Silent Killer**

There is no lump. Nothing shows up on the mammogram. It does not even look like cancer. Yet, it is the most aggressive form of breast cancer. It grows faster in younger women than other cancers, and by the time the symptoms are recognized, it will be too late for 60% of these patients.

It is called inflammatory breast cancer (IBC), and it accounts for about 1% to 4% of all breast cancers in the United States. Because the symptoms of IBC can often be mistaken for other more benign illnesses, many women may put off seeing their doctors until the cancer has spread, making this form of the disease even more insidious.

IBC appears in sheets of cancer, or what doctors refer to as “cancer nests” that clog breast tissue. The disease is characterized by thickening and redness of the breast and the

skin is often described as having the appearance of an orange peel. The breast may also be enlarged, persistently itching, and the nipple may be inverted. Cancer experts say that early detection and treatment are the keys to survival. For more information about IBC, visit the IBC Research Foundation Web site at [www.ibcresearch.org](http://www.ibcresearch.org).

**Fuel Up on Coffee**

Individuals who love coffee may be lowering their chances of developing type 2 diabetes, compared with individuals who refrain from the beverage, according to a study in *Diabetes Care* (Nov 2006). The study involved 910 men and women aged 50 and older, who were diabetes free when the study commenced.

In an 8-year follow-up, the former and current coffee drinkers were about 60% less likely to have developed type 2 diabetes. The coffee’s protective effect was found

among patients with impaired glucose tolerance. Although the researchers were unable to pinpoint how much coffee individuals needed to consume to produce the protective effect, the study’s patients were not heavy coffee drinkers.

-*Pharmacy Times*

**Nonadherence Is a Risky Behavior**

A new study found that 21% of patients with diabetes do not adhere to their medications for blood-sugar, blood-pressure, or cholesterol lowering. P. Michael Ho, MD, and colleagues reported that patients who did not comply with their medications had a 58% higher risk of hospitalization and an 81% greater risk of dying, compared with patients who took their medications. “Incremental increases in medication adherence were associated with improved outcomes,” reported the researchers in the *Archives of Internal Medicine* (September 2006).

**Supplements of the Month**

**Thorne’s L-Glutamine**

L-Glutamine is the most abundant amino acid in circulation and is stored primarily in skeletal muscle. Found in high concentrations in the GI tract, it is the preferred fuel for cells of the small intestine. L-Glutamine was previously used primarily in sports and weight-lifting, however new research indicates it may be effective for muscle cramping, intestinal conditions (including irritable bowel), to decrease healing time after surgery, boost immunity and control sugar cravings.

The usual dose is 2 to 4 capsules twice daily, however a powder form is also available for higher dosing.



**Glucosamine and Chondroitin**

Glucosamine is a form of amino sugar that is believed to play a role in cartilage formation and repair. Chondroitin sulfate is part of a molecule that gives cartilage elasticity. Studies show that some people with osteoarthritis (OA) taking either glucosamine or chondroitin sulfate reported pain relief at a level similar to that of nonsteroidal anti-inflammatory drugs. The supplements might also slow cartilage damage in people with OA.

The recommended dose of glucosamine is 1,500 mg per day and 1,200mg of chondroitin sulfate. You can try the supplements for 6-8 weeks. If you don’t experience any difference in your symptoms within a few months, you probably will not get any relief from using the supplements.



**Meet the Staff**



**Tom Sutherland, Pharmacist**

- Tom grew up in North Bend, WA and graduated from Washington State University School of Pharmacy in 1985.
- Tom moved to the peninsula in 1995 and became an owner of Peninsula Pharmacies in 1997.
- Tom, a compounding pharmacist, enjoys working directly with customers to help solve problems.
- Tom lives in Seaview with his wife, Garnette and his three boys, Owen, Corbin and Evan.

**Compounding for Pain Management: Personalized Relief**

Everyone experiences some sort of pain in their lives. It can take the form of a stress-induced headache, a strained muscle, or the result of an injury at work or automobile accident. For some, pain can be chronic in nature and something they live with on a daily basis.



Pain is the most common symptom for which individuals seek medical help. Acute pain can easily evolve into chronic pain, which can become difficult to treat. Commercially available pain medications often cause drowsiness, dizziness or stomach discomfort. Struggling through chronic pain problems does not have to be a daily activity. There's a better solution: pharmacy compounding, a customized option for pain medication.

**Alternate Dosages**

Many commonly prescribed pain relief medications help the symptoms associated with chronic conditions such as arthritis, but they can also result in stomach irritation and other unwanted side effects. Compounding can provide alternate methods of delivery by combining the ingredients of traditional oral pain medications in a topical gel or cream form that can be applied directly to the site of pain. The value with these topical medicines is that very little drug actually reaches the rest of the body. That is, you get the medicine in higher concentrations exactly where you want it, without giving an equal amount of medicine to areas of the body that do not need it.

**Combined Formulations**

Often, fibromyalgia patients are placed on a variety of medications to take care of all the symptoms associated with the disease. On many occasions, these multiple products can

be eliminated by a specially prepared compound that combines several medications into a single topical gel, ready to be applied directly to affected areas. Because patients vary in size, symptoms and pain tolerance, commercially available medications often do not provide an appropriate dosage strength. Through compounding, a physician and pharmacist can customize a medication to the exact amount needed by the patient.

Pain can be debilitating, whether it's acute muscle or nerve pain resulting from an accident, or a chronic condition such as



arthritis or fibromyalgia. Pharmacy compounding is effective in providing relief with potentially fewer side effects and

less overall medication. Ask your physician or pharmacist today about the benefits of personalized compounding.

**Punky's Foot Notes**

If you have been searching for information on foot conditions, it's time to check out [www.Foot.com](http://www.Foot.com), the most comprehensive source of foot health and foot care information on the Web today.

Foot.com provides information on foot pain, foot conditions, comfort and performance footwear, sports injuries and foot health for diabetes.

Recommendations are available for products that prevent and treat forefoot pain, heel pain and toe pain, as well as the best athletic, comfort and therapeutic shoes available. Ilwaco Pharmacy stocks many of these products and can order any of the products you see online. One of the features on the website is the Foot Pain Identifier. Do you have foot pain but don't know your



condition? You can click where it hurts on a picture of a foot to find out more about your possible foot condition and find products that provide immediate relief of your particular foot pain.

The Diabetes Center is also available to provide the latest diabetes news, information on diabetic foot conditions and products to protect and care for your diabetic feet.

For the exerciser, the Sports Center provides the latest sports news, information on sports-related foot conditions and products to protect and care for athletic feet. In addition, they have weekly athlete interviews, sports news and sports health tips.

Foot.com also has a long list of foot conditions to choose from if you're looking for more detailed information. Contact Ilwaco Pharmacy if you have any questions



about Foot.com or are interested in purchasing any of the products you've seen online. Ilwaco Pharmacy stocks a wide selection of Apex and Aetrex therapeutic shoes, as well as foot accessories, insoles and orthotics.

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, May 11<sup>th</sup>! Have your foot and shoe questions answered and get fitted for your shoes!

**Don't miss the Diabetes Foot and Shoe Day!  
Friday, May 11th  
10AM to 4PM  
Ilwaco Pharmacy**



PO Box B  
Ilwaco, WA 98624



## Long Beach Pharmacy's Digital Photo Kiosk Your Digital Picture Source

Create custom greeting cards from your digital pictures!  
We now take and develop passport pictures while you wait!

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 Ocean Park Pharmacy!

Remifemin is a clinically supported, exclusive extract of black cohosh. Remifemin is estrogen free and has been shown to offer relief from symptoms such as hot flashes, mood swings, irritability, night sweats, and occasional sleeplessness. It is recommended to be taken as one tablet twice daily, and may take up to 12 weeks to fully experience the benefits. Remifemin is available in both original formula and in a "Good Night" formula.



### Remifemin

Zestra™ is a topically applied feminine massage oil for the genital area that was scientifically formulated to enhance female sexual pleasure, increase genital warmth, sensation and facilitate arousal. Blended from all natural botanical ingredients without any irritants, one application will sustain heightened sensation for 30 to 45 minutes. Zestra™ is effective, discreet and easy-to-use.



### Zestra - Available Now!

Burt's Bees products are completely Earth-friendly and are made with all natural herbs and essential oils. Because they contain no preservatives, chemicals, or artificial colors, Burt's Bees help heal, soothe and protect your skin. If you're looking for Burt's Bees Facial Care Products, Skin Care, or Lip Care, we have a wide selection at great prices!



### Burt's Bees - Now at Long Beach Pharmacy!