



PENINSULA PHARMACIES News Capsule

Nov/Dec 2005

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Upcoming Events at Peninsula Pharmacies

- ✓ Long Beach Night Sale
Saturday, Nov. 26th
7PM - 9PM
- ✓ Bio-Identical Hormone Replacement Seminar
Wed, Nov. 30th
7:00PM Peninsula Church Center
- ✓ Flu shots available!
Call for appt.
642-3133 ext. 4



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

Welcome to the first issue of Peninsula Pharmacies News Capsule! You know we fill prescriptions, but we wanted to make you aware of the many other products and services we can provide!

Did you know Peninsula Pharmacies provides compounding services? Pharmacy compounding is the art and science of preparing customized medications for patients. Compounded prescriptions are ideal for any patient requiring unique dosages and/or delivery devices, which can take the form of solutions, suppositories, sprays, oral rinses, creams, and even lollipops. Compounded applications can include: Bio-identical Hormone Replacement Therapy, Veterinary, Hospice,

Pediatric, Dental, Dermatology, Medication flavoring, Chronic Pain Management, Neuropathies, Sports Medicine, Infertility, Wound Therapy, and Podiatry. Contact pharmacists Tom Sutherland or Casey Harrell for more information.

Another thing you may not know is that we can bill Medicare for your diabetes supplies, nebulizer medications, and durable medical equipment, such as walkers or canes. Punky Suomela, our Medicare specialist, is available at Ilwaco Pharmacy to answer any questions you may have.

Stop by any of our three stores and say hello to our friendly staff and our pharmacists Sue Freese, Tom Sutherland, Jim Bannister, Jeff Harrell and Casey Harrell.

Interested in receiving the next issue of News Capsule?
Drop this coupon in the mail or at any Peninsula Pharmacies location!

Name: _____

Address: _____

Phone: _____ Email: _____

Would like more information about:

- Bio-identical Hormone Replacement Therapy
- Diabetic Shoes (covered by Medicare)
- Diabetic Supplies (covered by Medicare)
- Durable Medical Equipment covered by Medicare (walkers, canes, etc.)
- Other: _____

Three Stores of Friendly Professional Service

The Background and Basics of Medicare Part D

The Medicare Prescription Drug, Improvement, and Modernization Act was passed on December 8, 2003. It established a voluntary drug benefit



for Medicare beneficiaries and created a new Medicare Part D. Simply put, the Medicare Modernization Act and the Medicare

Prescription Drug Improvement feature gives elderly and disabled people already on Medicare access to drug coverage beginning in January of 2006.

What are the details of the Medicare Part D program? In general, Medicare prescription drug plans provide insurance coverage for your prescription drugs. If you join the Medicare Part D, there will be a monthly premium around \$30. Prescription costs will vary depending

on the particular drug plan you choose. In more detail:

- Most plans have an annual \$250 deductible.
- After the deductible is met (the insured has paid the first \$250), Medicare will pay 75% of the covered prescription costs up to \$2,000.
- The insured person must pay the remaining 25% of that \$2,000.
- After the \$2,000, the insured person pays 100% of the next \$2,850.
- The insured person then has a co-payment thereafter of 5%.
- Benefits may vary depending on income levels.
- Premiums may increase annually.

When can I join a prescription drug plan? If you currently have Medicare Hospital or Medicare Medical Insurance (Parts A and/or B), you can join the Medicare Part D prescription drug plan between

November 15, 2005 and May 15, 2006. If you join a plan before December 31, 2005, your Medicare prescription drug plan coverage will begin on January 1, 2006. If you join after December 31, 2005, your coverage will begin on the first day of the month after the month in which you join.

There will be additional monthly costs to those who enroll in a plan after the open enrollment begins. After the May 15th date, the cost for a Medicare Part D Prescription plan will increase an estimated 1% each month. Some have called this cost increase a "life-time premium penalty". These penalties or additional costs may not apply if you currently have drug coverage through a former employer or union. Your local pharmacist can help you select a plan and you can also call Medicare anytime at 1-800-MEDICARE or log on to www.medicare.gov for more information and assistance.

Supplements of the Month

Thorne's Perfusia-SR

Perfusia-SR is a sustained-release formulation of the amino acid L-arginine. Supplementation with L-arginine improves the production of nitric oxide by vascular cells, which



increases vasodilation while inhibiting platelet adhesiveness, resulting, for example, in enhanced cardiovascular health and erectile function. This unique, sustained-release

product provides for improved long-term blood levels with twice daily dosing.

Thorne products now available!
Special orders upon request!

Coenzyme Q-10

Coenzyme Q-10 (CoQ-10) is found in the mitochondria (the powerhouse or energy factories) of all cells. CoQ-10 helps produce cellular energy, which is used to support cardiovascular and immune function. CoQ-10 also exhibits antioxidant properties, which are important for preventing free radical damage. In addition, statin drugs such as *Lipitor*, *Zocor* and *Crestor* deplete CoQ-10 in the body, which may contribute to side effects such as muscle pain/weakness. It is important for people taking these types of drugs to supplement with CoQ-10. Uses: heart health, antioxidant, energy and immune support. The recommended dose of CoQ-10 is 50 to 100mg daily.

Meet the Staff



Jim Bannister, Pharmacist

- Jim works primarily at the Ocean Park Pharmacy
- Jim grew up on the Peninsula and graduated from Ilwaco High School in 1986
- Jim likes working for Peninsula Pharmacies and enjoys the opportunity to listen to customers and be able to answer questions; something that is not always true of larger chain stores.
- Jim lives in Ocean Park with his wife, Kate, and his children Ethan and Eliza

Bio-Identical Hormone Replacement Therapy: A New Perspective

What are Natural or Bio-identical Hormones?

Bio-identical hormones have the same chemical structure as hormones that are made by the human body. The key to natural or bio-identical versus synthetic is the molecular structure of the hormone. In order for a replacement hormone to fully replicate the function of hormones which were naturally produced and present in the human body, the chemical structure must exactly match the original.

Researchers have long held that there are significant differences between hormones that are natural to humans (bio-identical) and synthetic

(including horse) preparations. Structural differences that exist between synthetic or animal and human hormones can be responsible for side effects that are experienced when non-bio-identical hormones are used for replacement therapy. It is the structure of the hormone, not the source, that is the key. The term “bio-identical” does not indicate the source of the hormone, but rather indicates that the chemical structure of the replacement hormone is identical to that of the hormone naturally found in the human body. Bio-identical hormones are chemically processed from precursors found in yams or soy plants, yet they are identical to the

hormones produced by the human body. These hormones are able to follow normal metabolic pathways so that essential active metabolites are formed in response to the hormone replacement therapy. Synthetic – “patented,” “conventional,” “artificial,” or “horse”– hormones have been chemically altered, and are not identical in structure or activity to naturally occurring hormones. A synthetic product can be patented by a manufacturer and can be profitable to mass-produce, therefore a drug company can afford to fund research as to the medication’s use and effectiveness. However, bio-identical substances cannot be patented, so scientific studies are less numerous on these natural hormones, as medical research is frequently funded by drug companies. Coming soon: the three common types of hormones.

Bio-Identical Hormone Information Session

Wednesday, November 30th 7:00PM Call to register: 642-3133

Location: Peninsula Church Center 5000 “N” Place, Seaview

Have your questions answered by pharmacists Tom Sutherland and Casey Harrell!

Punky’s Foot Notes

Beginning in November, Ilwaco Pharmacy will begin carrying Aetrex™ shoes, a new line of therapeutic and comfort footwear. Aetrex footwear

combines the latest developments in pedorthics with state-of-the-art shoe design. “We are excited to be carrying this line of shoes,” said Punky Suomela, Peninsula Pharmacies’ Medicare specialist. “The shoes are very high in quality and are also stylish,” added Suomela. The shoes are designed for maximum



comfort and support and are available in many styles and colors, including dress shoes, hiking shoes, and running shoes. Medicare covers the shoes for people with diabetes, however anyone may purchase them. The shoes would

benefit anyone who has problems with their feet or has a job that requires a great deal of standing.

People with diabetes are especially prone to foot problems, as poor circulation and lack of sensation can lead to blisters, cuts and pressure sores which, left untreated, may result in ulceration and amputation. Deformities, such as bunions, may also develop. It is very important for those with diabetes to take the necessary precautions to prevent all foot related injuries. 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. Medicare will cover one pair of shoes each year for people with diabetes.

Ilwaco Pharmacy will also be carrying a complete selection of foot



care products, including heel cups, orthotics, insoles, forefoot supports and more. You will

also be able to have your feet scanned by the new iStep program which will determine your foot type and pressure points. This program will help determine the best shoes and products for your feet.

Stop by Ilwaco Pharmacy and check out the new lines of shoes and foot care products!

Your Cold and Flu Relief Headquarters!

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.



10% off
36ct. box



\$11.39

Most cold medicines treat the cold symptoms. Zicam is different, as it shortens the duration and severity of the cold, and is clinically proven to get you over your cold three times faster. Don't let another cold slow you down, take Zicam Cold Remedy Swabs at the first sign of a cold. This homeopathic remedy is non-drowsy and non-habit forming and safe for adults and children age 3 and up.

Oscilloccinum, 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, Oscilloccinum is a good first line of defense in treating the flu.



Oscillo -6
doses
\$13.63

Sick Of Catching Colds? Sick Of Getting Sick While Traveling?

Airborne® was developed by a school teacher who was sick of getting sick in the classroom. It can be taken 2 ways: at the first sign of a cold symptom, or before entering crowded, potentially germ-infested environments, like airplanes and offices.



\$7.79

Airborne's unique natural formula with 17 active ingredients, offers maximum vitamin and herbal support for hours! Plus it contains natural ginger for nausea! Available in orange or lemon-lime flavors.

*** Bring in this ad and save 10% off 1 box of Airborne!***



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PHARMACY PHARMACY PHARMACY

Three Stores of Friendly Service

101 1st Ave South
Ilwaco, WA 98624

Peninsula Pharmacies now carries a full line of Durable Medical Equipment and Sport Supports!

