

News Capsule

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Welcome to the first issue of Sagen's Pharmacy News Capsule! As you may know, ownership has changed hands at Sagen's Pharmacy. The new owners are Jeff and Casey Harrell and Tom and Garnette Sutherland. The Harrells and the Sutherlands also own Long Beach Pharmacy, Ilwaco Pharmacy and Ocean Park Pharmacy.

Sagen's Pharmacy is also proud to welcome pharmacist Stacey Schmidt! Stacey, who grew up in Raymond, will be the managing pharmacist of Sagen's, and you'll see her four to five days a week. The rest of the staff remains the same. Shelly Kero and Lori Wilson continue on as pharmacy technicians and Trish Settlemeyre, Barb Wilson, Cindy Theofelis and Helga Iverson remain as pharmacy assistants.

You have probably also noticed some changes around the store. A new computer system was installed in February. In

addition, the store has taken on a new look, with expanded vitamin and gift sections. New gift selections are arriving daily! The pharmacy continues to offer durable medical equipment, diabetic, and incontinence supplies.

The owners and staff would like to thank everyone in the community for continuing to support us and for your patience during the transition. We look forward to continuing to serve your pharmacy needs!



The new owners of Sagen's Pharmacy, from left to right: pharmacist Jeff Harrell, pharmacist Casey Harrell, store manager/gift buyer Garnette Sutherland, and pharmacist Tom Sutherland.

Home Healthcare At Sagen's Pharmacy

In addition to filling your prescription needs, Sagen's Pharmacy can also help with your home healthcare and durable medical equipment needs. Whether you are recovering from hip surgery or you are getting older and simply need assistance adjusting to your changing physical needs, we can help you find the products right for you.

Today, the focus of durable medical equipment is on wellness and products that cater to active and independent lifestyles. Products are available to give you the freedom from asking others to assist in your care; like bath and safety fixtures to prevent falls and stand with stability. Walkers and canes

also provide great support in your home and at social gatherings. Often utilizing products such as these may offer just enough help to prevent or delay moving into an assisted living facility or nursing home.

If you think that durable medical equipment can help you perform your daily activities, talk to any of the pharmacists at Sagen's Pharmacy. Sagen's has access to a wide selection of walkers, canes, crutches, reachers, bath rails, ostomy products, pill organizers and more! Some products may be reimbursable by Medicare. Stop by today! Sagen's Pharmacy can also bill Medicare for your diabetes testing supplies!



Home Blood Pressure Monitoring Helps Lower Need for Drugs

A study reported in *Hypertension* (December 1, 2007) looked at whether antihypertensive treatment based on self-measurement of blood pressure (BP) decreases the use of medication without the loss of BP control.

For the study, 430 patients with hypertension were randomly assigned for treatment using self-measured pressures or office pressures. Throughout the 1-year follow-up, BP was measured by office measurement, ambulatory monitoring, and self-measurement. The researchers also assessed drug use, associated costs, and level of target organ damage. The researchers concluded that self-measurement results in less medication use, compared with office BP measurement.

-*Pharmacy Times*

Bring in this article and save 15% on any blood pressure kit!

Low Vitamin D = Greater Risk of Hip Fracture

According to a study led by researchers from the University of Pittsburgh, women with low levels of vitamin D have a greater risk of experiencing a hip fracture. The researchers evaluated the data on 400 patients who had a hip fracture over a period of 7.1 years. The patients were tested for levels of 25-hydroxyvitamin D, an indicator of vitamin D status in the blood, and compared them with the levels for a group of controls. The investigators noted that, as the levels of vitamin D decreased, the risk of hip fractures increased.

“The risk of hip fractures was 77% higher among women whose levels were at the lowest concentrations,” the researchers said. “This persisted when we adjusted for other risk factors such as weight, family history, smoking, alcohol use, and calcium and vitamin D intake.”

Fish, Veggies May Protect Kids from Asthma

Children who eat more fish and vegetables might have a chance of avoiding allergies or asthma, according to a Greek study. Researchers from the University of Crete, followed 460 children from birth to age 6 and found that those who ate more fish were the least likely to develop allergies, compared with their peers who ate less fish.

They also found fewer instances of asthma among children who consumed the most “fruity” vegetables, such as eggplant, tomatoes, green beans, and zucchini. Parents of the participating children answered questions on a variety of factors that affected a child’s risk of developing allergies. After taking these and other factors into account, the researchers found that diet was still strongly related to a child’s asthma or allergy risk.

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.



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



Stacey Schmidt, Pharmacist

- Stacey Schmidt is the full-time pharmacist at Sagen’s Pharmacy.
- Stacey grew up in Raymond and attended Willapa Valley High School.
- She graduated from the University of Missouri-Kansas City College of Pharmacy in 2006 and also received her Masters of Business Administration degree.
- Stacey enjoys independent pharmacy because it is more personable and she enjoys more face-to-face time with patients.

Questions About Compounding

What is Compounding?

Pharmacy compounding is the art and science of preparing customized medications for patients. Its practice dates back to the origins of pharmacy; yet, compounding's presence throughout the pharmacy profession has changed over the years. In the 1930s and 1940s, approximately 60% of all medications were compounded. With the advent of drug manufacturing in the 1950s and 60s, compounding rapidly declined. The pharmacist's role as a preparer of medications quickly changed to that of a dispenser of manufactured dosage forms. Within the last two decades, compounding has experienced a resurgence, as modern technology and innovative techniques and research have allowed more pharmacists to customize medication to meet specific patient needs. Today, an estimated 1% of all prescriptions are compounded daily by pharmacists working closely with physicians and their patients.

How Does Compounding Benefit Me?

There are several reasons why pharmacists compound prescription medications. The most important one is what the medical community calls "patient non-compliance." Many patients are allergic to preservatives or dyes, or are sensitive to standard drug strengths. With a physician's consent, a compounding pharmacist can change the strength of the medication, alter its form to make it easier for the patient to ingest, or add flavor to make it more palatable. The pharmacist also can prepare the medication using several unique delivery systems, such as a sublingual troche or lozenge, a lollipop, or a transdermal gel. Or, for those patients who are having a difficult time swallowing a capsule, a compounding

pharmacist can make a suspension instead.

Can My Child (or Elderly Parent) Take Compounded Medication?

Yes. Children and the elderly are often the types of patients who benefit the most from compounding. Often, parents have a tough time getting their children to take medicine because of the taste. A compounding pharmacist can work directly with the physician and the patient to select a flavoring agent, such as tutti frutti, that provides both an appropriate match for the medicine's properties and the patient's taste preferences. Compounding pharmacists also have helped patients who are experiencing chronic pain. For example, some arthritic patients cannot take certain medications due to gastrointestinal side effects. Working with their physician, a compounding pharmacist can provide them with a topical preparation with the anti-inflammatory or analgesic their doctor has prescribed. Compounded prescriptions often are used for pain management in hospice care.

What Kind of Prescriptions Can Be Compounded?

Almost any kind. 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, lollipops and even as transdermal sticks. Compounded applications can include: Bio-identical Hormone Replacement Therapy, Veterinary, Hospice, Pediatric, Ophthalmic, Dental, Dermatology, Medication flavoring, Chronic Pain Management, Neuropathies, Sports Medicine, Infertility, Wound Therapy, and Podiatry.

Will My Insurance Cover Compounded Medications?

Because compounded medications are exempt by law from having the National Drug Code ID numbers that

manufactured products carry, some insurance companies will not directly reimburse the compounding pharmacy. However, almost every insurance plan allows for patients to be reimbursed by sending claim forms. While you may be paying a pharmacy directly for a compounded prescription, most insurance plans should cover the final cost.



Does My Doctor Know About Compounding?

Prescription compounding is a rapidly growing component of many physicians' practices. But in today's world of aggressive marketing by drug manufacturers, some may not realize the extent of compounding's resurgence in recent years. Ask your physician about compounding, and then get in touch with a Sagen's Pharmacy. Sagen's Pharmacy now has access to compounding pharmacists and a specialty compounding lab. Through the triad relationship of patient, physician and pharmacist, all three can work together to solve unique medical problems. Ask your Sagen's pharmacist today about the benefits of personalized prescription compounding!

SAGEN'S PHARMACY

PO Box 591
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Email Your Refills

Did you know you can email your refills to
Sagen's Pharmacy?

Just put "Refill Request" in the subject of your email and send us your prescription numbers.

sagenspharmacy@centurytel.net

Sagen's Pharmacy now
carries a full line of
Durable Medical
Equipment and
Sport Supports!



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.



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 Sagen's Pharmacy!

ZOSTAVAX
[Zoster Vaccine Live(Oka/Merck)]

**Vaccine Approved for Shingles Available
Now at Sagen's Pharmacy!**

Zostavax is a new vaccine to reduce the risk of shingles in people age 60 and older. Shingles is a disease caused by the varicella-zoster virus, the same virus that causes chickenpox. Zostavax, a live virus vaccine, was shown to boost immunity against the virus and 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 Sagen's Pharmacy! Call now for more information!