



PENINSULA PHARMACIES News Capsule

Winter 2008

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Upcoming Events at Peninsula Pharmacies

- √ Diabetes Foot and Shoe Day
Fri, April 4th
10AM - 4PM
Ilwaco Pharmacy
- √ New compounding lab and wellness center coming soon in Long Beach!
- √ Easter is Sunday
March 23rd!
Fill your baskets at Peninsula Pharmacies!



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

Home Healthcare

At

Peninsula Pharmacies

In addition to filling your prescription needs, Peninsula Pharmacies 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 personal 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 or Punky Suomela at Ilwaco Pharmacy. Peninsula Pharmacies 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!



Don't be a number, Be a name!

With pharmacy benefits continually changing and formulary adjustments made monthly, the world of pharmacy is becoming more difficult to understand. If that is not enough, now insurance companies are leaning on their customers to use mail order pharmacy. With mail order pharmacy, patients are rewarded by their insurance companies with minimal reductions in co-pays; however, now you have become a number.

Can you put a price on customer service and the ability to walk in and speak to your pharmacist face to face? Most mail order pharmacies never allow you to speak to a live person. In addition, medication shipments are often late, leading to further out-of-pocket expenses.

Here at Peninsula Pharmacies, we strive to understand and meet all our patients needs. With us, you are a name! We feel that our customer service and patient care goes above and beyond what any chain or mail order pharmacy can give. So, when you are thinking about sending that prescription in to the mail order pharmacy, ask yourself, do you want to be a number or a name?

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

Three Stores of Friendly Professional Service

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

Clinical Nutrients™ for 50-Plus Men

Clinical Nutrients™ for 50-Plus Men is a multivitamin formula that helps support key health concerns of



mature men, including heart, prostate and sexual health. Specially designed for men age 50 and over, this formula includes extra:

- Pantothenic acid, a vital nutrient for the adrenal glands, which produce hormones.
- Zinc, which contributes to prostate function, testosterone synthesis, and sperm development.
- Niacin, which is important to maintain healthy cholesterol levels.
- Saw palmetto, which contains fatty acids and sterols that provide important support for the prostate.
- Panax ginseng root, which is traditionally used to support masculine functions. The recommended dose is 4 tablets daily with food.

Thorne Rhodiola

Rhodiola rosea is a popular plant in traditional medical systems in Eastern Europe and Asia with a reputation for stimulating the nervous system, decreasing depression, enhancing work performance, eliminating



fatigue, and preventing high altitude sickness. Rhodiola rosea has been categorized as an adaptogen by researchers due to its observed ability to increase resistance to a variety of chemical, biological, and physical stressors. Its claimed benefits include antidepressant, anticancer, cardioprotective, and central nervous system enhancement. Research also indicates it may be beneficial in sleep difficulties, poor appetite, irritability, hypertension, headaches, and fatigue. The recommended dose is 1 capsule two to three times a day.

Meet the Staff



Linda Sadewasser, Pharmacy Technician

- Linda was born in Vancouver, WA and moved to the Long Beach Peninsula when she was 15 years old.
- Linda graduated from Ilwaco High School in 1968.
- Linda began working as a clerk for Peninsula Pharmacies in January of 1978.
- Linda became a licensed pharmacy technician in 1989.
- Linda enjoys the family environment of working for Peninsula Pharmacies, and is happy to have a job she looks forward to each day.

Pediatric Compounding

Children are full of life, energy and the curiosity to try new things with a smile. Bring a medicine bottle out of the cabinet, though, and those smiles may turn to tears. There is nothing fun about being sick, and taking



medicine just makes it worse. While there's no guarantee that taking medicine will ever become an entirely pleasurable experience, there are some ways to

help. One of the best involves pharmaceutical compounding. Children are especially suited for custom, compounded prescriptions, as commercially manufactured drug forms are often not the best solution for kids.

Working closely with a compounding pharmacist, your child's pediatrician can prescribe medications for pain relief, respiratory disorders, oral thrush, diabetes, head lice, diaper rash,

skin disorders, cold sores/fever blisters and more. Compounding can benefit patients in a variety of ways.

Flavored Medicine

The child who refuses to take their medicine because of the taste is a prime opportunity for considering compounded medication. Dozens of flavors are available, which can enhance the taste and color of a medication, while also ensuring that the flavor is compatible with the medication's properties. Your child won't mind taking medicine as much when it tastes like bubblegum or even chocolate.

Unique Dosage Forms

Many children have a very difficult time swallowing capsules or tablets, especially if they have to take more than one medication during the day. To solve this problem, your pediatrician and compounding pharmacist can prepare medications in alternate dosage forms your child

won't mind taking. These include lollipops, gummy bears, syrups, suspensions, lozenges, transdermal gels and even pacifier dosages for infants – and all can be administered in any number of great flavors.

Strength Variations

Children vary in size and weight. As a result, it's often a challenge to find commercially available medication suitable for the individual needs of your child. Drug strengths frequently need to be scaled down in order to provide the proper dose of the drug for a child. Breaking a tablet is not only often difficult, it can result in giving the child a dose of



medicine that could be either too high or too low. A compounding pharmacist can be of help in formulating a medication which comes in the exact dose needed. Ask your pharmacist today about compounded prescriptions for children.

Punky's Foot Notes

Plantar Fasciitis

Plantar Fasciitis is an inflammation caused by excessive stretching of the plantar fascia. The plantar fascia is a broad band of fibrous tissue which runs along the bottom of the foot, attaching at the bottom of the heel bone and extending to the forefoot. When the plantar fascia is excessively stretched, this can cause plantar fasciitis, which can also lead to heel pain, arch pain, and heel spurs. The excessive stretching that leads to the inflammation and discomfort can be caused by the following:



- Over-pronation (flat feet) which results in the arch collapsing upon weight bearing.
- A foot with an unusually high arch
- A sudden increase in physical activity.

- Excessive weight on the foot, usually attributed to obesity or pregnancy.
- Improperly fitting footwear

Over-pronation (flat feet) is the leading cause of plantar fasciitis, and occurs in the walking process, when a person's arch collapses upon weight bearing, causing the plantar fascia to be stretched away from the heel bone.

With Plantar Fasciitis, the bottom of your foot usually hurts near the inside of the foot where the heel and arch meet. The pain is often acute either first thing in the morning or after a long rest, because while resting, the plantar fascia contracts back to its original shape. As the day progresses and the plantar fascia continues to be stretched, the pain often subsides.

The key for the proper treatment of plantar fasciitis is determining what is causing the excessive stretching of the plantar fascia. When the cause is

over-pronation (flat feet), an orthotic with rearfoot posting and longitudinal arch support is an effective device to reduce the over-pronation and allow the condition to heal.

Other common treatments include stretching exercises, night splints, wearing shoes that have a cushioned heel to absorb shock, and elevating the heel with the use of a heel cradle or heel cup. Heel cradles and heel cups provide extra comfort, cushion the heel, and reduce the amount of shock and shear forces placed during everyday activities. Every time your foot strikes the ground, the plantar fascia is stretched. You can reduce the strain and stress on the plantar fascia by following these simple instructions: Avoid running on hard or uneven ground, lose any excess weight, and wear shoes and orthotics that support your arch to prevent over-stretching of the plantar fascia.



PO Box B
Ilwaco, WA 98624

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

Free samples and information available!

****Did you know that with your doctor's approval, Medicare pays for one pair of shoes each year for people with diabetes? Forms available at Ilwaco Pharmacy!****

All natural wellness oils are specially formulated topical oils designed to address physical and emotional needs. All of the oils are a blend of various therapeutic grade essential oils in a base of unrefined grapeseed oil. They are natural and free of chemicals, pesticides, and preservatives. A full line of oils is available, including natural remedies for restless legs, high blood pressure, backaches, headaches, migraines, and many more!

Nature's Inventory Wellness Oils
Save 10% through March 2008 with this ad!



For optimal health and longevity, everyone needs essential fatty acids daily. Nordic Naturals offers the world's finest Omega-3 fish oils from Norway. These formulas are pharmaceutical grade, doctor-recommended, and third-party tested, showing they are unsurpassed in purity, freshness, and taste, and are virtually contaminant free.

With Nordic Naturals great tasting fruit flavored formulas, you get all the benefits of fish oil without the fishy taste or aftertaste. We offer formulas for the whole family that taste so great, kids ask for more.

Nordic Naturals - Available at Long Beach Pharmacy!



Life is Good, a 206-employee wholesaler and retailer founded in 1994 by brothers Bert and John Jacobs is a New England based brand that markets everything from apparel to dog dishes to furniture, but its chief product is optimism. Life is Good stays close to its roots, with an emphasis on humor and humility.

Find Life is Good products at Long Beach Pharmacy!



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 all locations!