

# The Mortar & Pestle

Volume 4 Issue 8 (August 2013)

## Stafford Pharmacy and Home Healthcare

### BE PREPARED

First aid kits are often only thought about after an accident happens and the supplies we need aren't there. We should be thinking about safety before an accident occurs. Having a fully stocked first aid kit can mean being able to care properly for a loved one in an emergency situation much better. At Stafford Pharmacy, we have everything you need to make sure that you are equipped in the event of an emergency. Emergencies can happen at home and on the road. A first aid kit in your car and at home will help you to always be prepared for the unexpected.

At Stafford Pharmacy we offer both pre-assembled first aid kits as well as individual items for re-stocking your first aid kit when needed. Important items you should carry as part of your kit include:

- Small bottles of sterile saline for rinsing wounds
- Antiseptic wipes and alcohol swabs
- Antibiotic ointment
- Burn relief cream
- Instant cold pack
- Band-Aids (Assorted sizes and shapes) for small wounds
- Assorted sterile bandages and gauze for large wounds
- Tape for securing bandages
- Scissors
- A few pairs of protective gloves
- Blanket (space saving emergency blanket)
- Alcohol based hand sanitizer



In addition to being prepared by having emergency supplies, it is also important that you know what each component of your kit is and how to use it. A basic first aid training course will provide you with the skills needed for a variety of emergencies and help you to feel comfortable in the event your skills are required. You never know when you will be required to help someone in need.

For those with first aid training, an additional item that that should be added to your first aid kit or keychain is a mouth-to-mouth resuscitation mask with a one-way valve. These masks are essential in performing mouth-to-mouth resuscitation and CPR. We offer two versions of these masks including:

- 1) A larger mask that can be used on both adults and children, ideal for the workplace or at home
- 2) A very small, inconspicuous mask that attaches to a keychain and measures approximately 1" x 1", ideal for traveling or having with you at all times



**If you would like help assembling or re-stocking your first aid kit, speak with a member of our home healthcare team today and they will ensure that you are prepared in the event of an emergency.**

## PHARMACIST WITH ADVANCED PRESCRIBING ON SITE

**Stafford Pharmacy would like to congratulate our pharmacist Jaclyn Katelnikoff, on obtaining her Advanced Prescribing Authorization!** The authorization to prescribe is awarded to pharmacists who apply and meet or exceed the patient assessment, knowledge, and documentation standards set by the Alberta College of Pharmacists.

Pharmacists who receive this designation have the ability to prescribe any prescription medication (with the exception of narcotics) within their knowledge and comfort level. For patients, this means improved access to healthcare. When prescribing a medication, the pharmacist must be able to assess the patient in person, feel comfortable with her knowledge of the condition and the medications used to treat it, and document the event and notify the patient's physician about the prescribing action.

The role of the pharmacist on the healthcare team is continually evolving. Pharmacists in Alberta (and now at Stafford Pharmacy) can now perform medication reviews, renew prescriptions, administer injections, and now prescribe medications. If you have questions about your health and how your pharmacist can help you, speak with a member or our pharmacy team today. **If you would like to set up a one-on-one consultation with Jaclyn to discuss your health, contact our pharmacy department today!** We are booking appointments Tuesdays and Thursdays between 10am and 4pm.

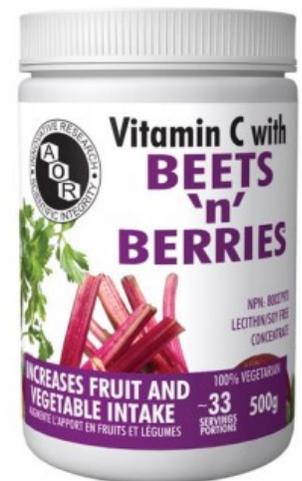
## BRAND SPOTLIGHT: AOR

Stafford Pharmacy is proud to carry the premium vitamin and supplement line Advanced Orthomolecular Research, also known as AOR. **AOR is a Canadian based company with its headquarters located in Calgary.** AOR provides the highest quality natural health products whose beneficial effects are supported by science.

AOR is a cutting edge leader not only in Canada, but also around the world. For example, in 2009 AOR was the first company in the world to develop a supplement containing Curcumin nanoparticles. Curcumin is well known for its anti-inflammatory, anti-oxidant, anti-microbial, anti-carcinogenic and cardiovascular benefits. Historically, Curcumin had to be taken in extremely high doses due to its poor absorption. With AOR's nanotechnology, the absorption of Curcumin into the blood stream is 5 times higher than with conventional remedies, meaning much lower doses can be used to achieve the same or improved therapeutic benefits!

AOR has many amazing products, ranging from concentrated Vitamin D Liquid for improved absorption and easy dosing to Vitamin C with Beets n' Berries—excellent for those not getting enough fruits and vegetables in their diet.

If you are looking for a supplement to improve your health, help prevent disease, or treat a medical condition, ask one of our pharmacists if an AOR product may be right for you.



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