

Stafford Pharmacy and Home Healthcare

October News

Are you Stressed?

Did you know that 75 to 90% of visits to the doctor's office are stress related? Stress can play a part in problems such as headaches, high blood pressure, diabetes, skin conditions, asthma, arthritis, depression, and anxiety.

We all have stress in our lives, but not all people respond to stress in the same way.

How do you know if stress is affecting your health?

Here are a few signs:

- You've put on some "extra" belly fat
- You eat when you are nervous, sad or mad
- You feel overwhelmed by simple everyday tasks

- You worry about things big and small
- You feel tired and weak for no apparent reason

9 Simple Tips for Quick Relief when Stress Hits

- 1) Breathe from your belly
- 2) Take a Short Walk
- 3) Spring into Action (run up the stairs or do a few push ups)
- 4) Listen to music
- 5) Sing or dance
- 6) Take a short mental break
- 7) Laugh
- 8) Write in your journal
- 9) Take a power nap

Do you feel like stress is taking a toll on your health? Your stress is unique, and so is the way you react to it. Don't let stress wear you down. As your pharmacist today and take the Identi-T Stress quiz to find your type of stress response—and ask us about a tailored program for relief.

3 Steps to Personalized Stress Relief



For more information on the Identi-T Stress Program visit:
www.metagenics.com/patients/patient-programs/identi-t-program

Does the Darkness have you Down?

With the arrival of fall, our days are much shorter and our nights are longer. When we get up in the morning and head home for dinner the moon is up and we are surrounded by darkness.

For many of us, the increasing darkness can cause a depressed mood and decreased energy. Without the sunshine that we need we feel blue, especially if we are spending our time indoors when the sun is shining.

If you feel down when fall arrives replacing the sun with a light therapy device may be a solution. Being ex-

posed to bright light first thing in the morning helps us to feel more alert and optimistic all day long.

By using light therapy for 15—30 minutes each morning, you can feel more energized like you do when you spend time in the sun.

Light therapy helps to reset your body clock everyday and helps to improve your sleep at night.

Light therapy uses wavelengths of light identical to the peak wavelengths of the sun (without the harmful UV rays). It is a safe and effective way to improve mood, help you feel energized and improve sleep.



If you think that light therapy may benefit you, ask your pharmacy or home healthcare staff member for more information today.

Pharmacist's Product Recommendations

Litebook Elite—small countertop light therapy device

Rx Center– Run Out of Refills?

Didn't realize you were out of refills on your prescription? Can't get in to see your doctor before you will run out? Can your pharmacist help you?

Pharmacists now have the ability to renew your prescription for current and ongoing therapies to ensure treatment is not interrupted.

Will my pharmacist renew my prescription?

MAYBE. It depends on whether or not your pharmacist has enough information about your condition and treatment. When the pharmacist renews your prescription, the pharmacist becomes the prescriber, instead of the doctor. The pharmacist is now responsible for the therapy prescribed. The pharmacist must ensure that the therapy is: necessary, effective and safe for your condition.

Vitamin Spotlight–Vitamin B12 (Cobalamin)

What is Vitamin B12?

B12 is the largest and most complex of all of the vitamins.

How common is B12 deficiency?

B12 deficiency is estimated to affect 10-15% of individuals over the age of 60.

What causes deficiency?

Typically deficiency is caused by the inability to absorb B12 from food. Vegetarians also commonly experience deficiency as B12 is found in meat, poultry, fish and milk.

Proton pump inhibitors (omeprazole, lansoprazole etc.) are medications inhibit acid production in the stomach.

Can the pharmacist renew any prescription?

No. Pharmacists are unable to renew prescriptions for narcotics and other controlled substances.

Can the pharmacist refuse to renew my prescription?

Yes. If the pharmacist does not feel that they have enough information about you and your health status, they may refuse to renew your prescription. They may also refuse to renew your prescription if they do not feel that it is a safe and necessary drug therapy for you if your therapy has changed.

Can my pharmacist renew my prescription for an entire year?

No. Pharmacists can renew your prescription for the shortest duration possible. You must still see your doctor on a regular basis to obtain your pre-

scriptions.

Pharmacists are only able to renew when you are unable to get into the doctor's office before you run out of refills.

Will my doctor know the pharmacist renew my prescription?

Yes. When a pharmacist renews your prescription they must notify your doctor of exactly what medication was renewed and for how long.

Is there a fee when the pharmacist renews my prescription?

At the current time there is no fee for this service. However, as of **January 1st, 2010** there will be a fee for some of our services. Please ask your pharmacy staff for more information.



If my B12 is potentially depleted what should I do?

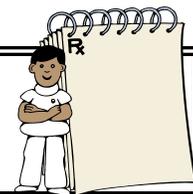
Speak with your pharmacist regarding Vitamin B12 supplementation. Your pharmacist can help select the right dose for you!

Pharmacist's Product Recommendations

SISU Super B Complex

SISU Vitamin B12

Looking for the Products Recommended by the pharmacists at Stafford Pharmacy? Look for this symbol by products discussed in this newsletter!!! If you have any questions ask to speak with Jaclyn or Igor at the pharmacy counter today!



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