

Stafford Pharmacy and Home Healthcare

September News

Homeopathy - What is it?

What is Homeopathy?

Homeopathy is a therapeutic method using natural substances in micro doses to simulate the body's natural resources.

The remedies are extremely dilute, usually 1 part remedy to 1,000,000,000,000 parts water. The theory behind homeopathy is that like treats like.

How long have homeopathic medicines been around for?

Homeopathy emerged in the late 18th century!

How do you take homeopathic remedies?

Homeopathic remedies are typically given sublingually (dissolved under the tongue). This is a very efficient method of administration. For better absorption, homeopathic medicines should be taken apart from meals and

in a mouth free of strong flavors.

What ailments can homeopathy be used for?

Homeopathic medicines can be effective in treating many minor acute conditions such as allergies, coughs, colds, flu, teething in babies and many more. It can also be effective in treating more chronic conditions such as arthritis.

Are these remedies safe?

Yes, because of the dilution of the active ingredient, there are no side effects and no drug interactions.

Who can use homeopathic remedies?

Anyone! Homeopathic medicines do not carry a risk of toxicity. They can be used by babies, pregnant women and everyone else!

Do I need to see a doctor first?

If you are experiencing symptoms of a potentially serious condition you should always see your physician BEFORE using any self treatment with over the counter medications, herbals, or homeopathic remedies.

Once serious conditions have been ruled out, ask your pharmacist about self treatment options. You may also consider seeing a naturopath if you would like to be treated with homeopathic and/or other natural therapies.

Pharmacist's Product Recommendations

Oscillocochinum—taken at the first sign of flu will decrease symptom severity and duration

Teething tablets—decrease the pain experienced by teething babies

Ask your pharmacist about Homeopathy today!!

Wash your hands! Prevent colds and flu's!

Its that time of year again! With fall fast approaching colds are already starting to appear.

The best way to stop the spread of infections is through hand-washing!

When should you wash your hands?

- Before meals
- After using the washroom
- After blowing your nose or sneezing
- After changing diapers

We all know that there is often not a sink near by when you need one. In these cases a pocket sized hand sanitizer can do in a pinch. Ensure that the hand sanitizer contains 70% w/v ethyl alcohol. Products that contain lower concentrations or ingredients other than ethyl alcohol are not effective in sanitizing hands.

When using hand sanitizers, use a generous amount (about the size of a quarter). Be sure to rub entire hand surface, especially around nails and in between fingers. Allow your



hands to dry in the air. Do not wipe the gel off., or it will not be effective!

Pharmacist's Product Recommendations

Isagel—this sanitizer comes in multiple sizes to suite your needs

Prescription Center—DRUG SHORTAGES

In Canada!?! Yes, all across Canada pharmacies are being faced with **drug shortages**. Since last August this list of generic prescription drugs that are unavailable due to manufacturer shortages continues to grow. Each night, when we place our order there are more medications that we can't get.

What does this mean for our patients and ourselves?

We are doing everything in our power to get any brand of your medication that we can. This means that you may be receiving a **new generic brand** of your medication. For example, if you were previously receiving Apo-Omeprazole, this time you may receive Mylan-Omeprazole. These medications are exactly the same, just made by a different manufacturer.

What happens if there are no brands of a particular medication available?

In this instance we attempt to order in the medication in powder form and **make the product ourselves**. For example, if you have been receiving Apo-metoclopramide 10 mg tablets and we can no longer order any brand, we are now compounding Metoclopramide capsules. These formulations are not identical to the commercially available product, however they contain the same active medication at the same dose. Please keep in mind that making these formulations take extra time to prepare. If you can talk to us 3 days to a week before you run out of your medication we can ensure that you do not experience a disruption in your therapy.

What is the worst case scenario?

The worst scenario is that we can't get any brand of your medication and we also are unable to make the medication. In this case, we will do our best to work with your physician to find an

alternative therapy that will work the best for your condition.



Please do your best to refill your medications 3-7 days before you will run out. This will help us find alternatives for you if we are having supply problems with a medication that you are taking.

At Stafford Pharmacy we are dedicated to ensuring you receive the best health care. Please feel free to contact us with any questions or concerns regarding this issue.

Vitamin Spotlight—Coenzyme Q10

What is Coenzyme Q10?

CoQ10 is a pro-vitamin found throughout the human body.

What is the role of CoQ10?

CoQ10 plays several major roles within our body which include energy production as well as acting as an anti-oxidant. It serves to limit the ability of bad cholesterol (LDL) to cause plaque build up in our arteries.

How do I know if I have enough CoQ10?

Most people get their CoQ10 by making it within their bodies. However, certain medications can cause a drastic depletion of CoQ10 by inhibiting its synthesis.

Which Medications deplete CoQ10?

Statins (e.g. Lipitor, Crestor, Simvastatin)

Beta-blockers (e.g. metoprolol, atenolol)

What happens when CoQ10 is depleted?

Depletion can potentially result in the following symptoms including: lack of

energy, muscle pain or weakness, gingivitis, high blood pressure and other cardiac problems.

If my CoQ10 is potentially depleted what should I do?

It is not possible to increase your CoQ10 through your diet. Supplementation with CoQ10 can be done by taking oral capsules or tablets.

Pharmacist's Product Recommendations

SISU Co Q10 Capsules

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



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