



January 21, 2010

Stafford Pharmacy is now offering immunization services!

Our Pharmacists have additional certification, which allows them to give drugs my injection!

Pick up your immunization and have it administered at the same time!

We can give the following immunizations with a prescription from your doctor: Hepatitis A and B, Gardasil, Zostavax and many more!

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1985 - 2010

Stafford Pharmacy & Home Healthcare

Celebrating our 25th Anniversary!

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H1N1 and Seasonal Flu vaccination Clinics

If you haven't received your flu vaccines it isn't too late!!



We now offer free vaccination for both the H1N1 and seasonal vaccines.

We strongly recommend that **everyone** receive the H1N1 vaccine. We haven't seen the end of this flu virus and are expecting it to

re-appear for a second wave as flu season continues.

We also recommend that **those at high risk should also receive the seasonal flu vaccine.** Those at risk include: adults >50, adults with chronic illness, children, pregnant women, caregivers and health care workers.



Clinics run from 3:00 to 5:30 every Tuesday and Thursday. Each appointment is approximately 45 minutes in duration.

Call to book your appointment ahead of time (403-320-6500).

Please wear a short sleeved shirt and bring a piece of identification as well as your Alberta Health care card.

(Note: we provide immunizations only for those 10 years old and up)

The New Shingles Vaccine: Zostavax

If you have had chicken pox as a child (or adult) you are at risk of developing shingles. **Approximately 1 in 3 people will develop shingles.**

Shingles is a viral infection that can occur at anytime in a person who had chicken pox. The infection presents as a localized, blistering rash which can become extremely painful. The rash can last for up to 30 days and

be quite painful.

Some people experience the following long term complications after a shingles outbreak: chronic pain, bacterial skin infections, scarring, decrease in hearing, vision loss, and muscle paralysis. A severe infection can also result in hospitalization.

There is now a vaccine that can be used to **prevent shingles in**

those aged 60 and up. It is recommended for all persons in this age group including those who have already experienced an episode of shingles.

Zostavax requires a prescription from your physician. The vaccine can be administered by your pharmacist by appointment!



Use Caution When Buying Medications Online!

With increasing advertising for medications on the internet, in the newspaper and on the news, consumers need to be very careful about what health information they believe.

Unapproved medications are being sold over the internet and pose a large health risk to consumers. There is **no guarantee** that the ingredients listed are actually what are in the product. These medications have not been tested and there is **no evidence** that they work as they claim they will!

An even bigger problem with purchasing medications online is that you may not have correctly diagnosed yourself. If you are self-medicating a symptom without a correct diagnosis, a serious medical condition may go untreated.

Here are some **Red Flags** that indicate the information on a website is likely false:

- It sounds too good to be true
- It claims to cure an illness that has been 'incurable' to date

- It does not require a prescription

- It cannot be purchased in a pharmacy

- There is no ingredient listing

- It has a money back guarantee

- In very fine print it states "these statements have not been approved by the FDA/Health Canada"

Before you take anything, ask your pharmacist or physician if it is safe for you!!!



The Sunshine Vitamin

Vitamin D3 has been in the News Spotlight recently as a cure for cancer and more!

D3 works throughout the body and deficiency has been linked to many problems such as: osteoporosis, asthma, heart disease auto-immune diseases, diabetes, inflammatory bowel disease, as well as specific types of cancer.

D3 is produced in the skin when it is exposed to sunlight. In Canada, during the months of October to March, production of D3 in our skin is virtually non-existent. In the summer the use of sunscreen also prevents the production of D3. **It has been shown that 68-97% of Canadians have inadequate Vitamin D levels!**

There is a great debate over the current Canadian Food Guide recommendations for intake of Vitamin D. However it is a very important Vitamin and should be supplemented in newborns and throughout life!

Ask your pharmacist about Vitamin D today!

"It has been shown that 68-97% of Canadians have inadequate Vitamin D levels!"



The Ins and Outs of That Little White Paper (Your Prescription)

Prescription Lifespan

No prescription has an indefinite lifespan, even if we agree that you will be taking that medication for a very long time! Each prescription has a “**legal lifetime**”.

- A new prescription can only be honored for **one year** from the date written
- A prescription, once entered into the pharmacy computer, can only be filled for **eighteen months**. Refills after 18 months time are VOID.

What happens when you bring in a new prescription for one of your regular medications (i.e Crestor) when there are already refills in the computer? The existing prescription for the Crestor that is in the computer is **REPLACED** by the new prescription. The new prescription **IS NOT ADDED** to the old prescription. Remember, it is ok to remind your doctor of this **as it is the law in Alberta.**

Prescription Transfers

There may be times when you need to refill your prescription at a pharmacy that isn't your regular pharmacy. For example, you have traveled to another city or town in Alberta and you discover you will not be home in time to refill your prescription. Don't worry! You can go to the nearest pharmacy of your choice and ask them to contact your regular pharmacy to have the prescription transferred to them for this one time refill. They will contact your pharmacy and transfer the legal rights to that prescription. When you are done, don't forget to ask the pharmacy are visiting to send the prescription back to your regular pharmacy. This will save you time the next time you need a refill at home!

***Narcotic prescriptions as well as Benzodiazepines cannot be transferred!

Narcotic Prescriptions (includes prescriptions for codeine containing medications)

Although most of the laws apply to all prescription medications in the same manner, there are some medication classes that have their own rules. One example is Narcotic medications, these medications include those containing codeine, oxycodone, and more. (i.e. Tylenol #3, Percocet)

Because of the nature of these medications, the laws surrounding them are different than other medications. Much like other prescriptions, any new prescriptions voids existing prescriptions that may be on file in the computer. Refills are not allowed on these prescriptions by law unless there is a time interval specified by the doctor. For example, the doctor may write “patient may have 14 tablets every 7 days”. In cases where the doctor has forgotten to specify an interval, we cannot allow the prescription to be refilled any earlier than how long the quantity should last based on instructions by the doctor. For example, if the doctor wrote for 100 tablets and allowed a maximum of 5 tablets per day, the earliest the prescription could be refilled would be $(100\text{tabs}/5\text{tabs per day} = 20\text{days})$ 20 days.



“What happens when you bring in a new prescription for one of your regular medications (i.e Crestor) when there are already refills in the computer?”



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We hope this information has been helpful and informative! If there is a topic you would like to see in the next Stafford Pharmacy Newsletter let us know!

www.staffordpharmacy.com



Fast Pharmacy Facts!

In 1888, Atlanta pharmacist John S. Pemberton developed a "Esteemed Brain Tonic and Intellectual Beverage," which contained: caffeine, "secret" ingredients, and cocaine. Modified for today's taste (and laws), the product is a staple, billion-dollar seller. What was Pemberton's concoction? None other than Coca-Cola.

The symbol 'Rx' is actually a corruption of the ancient symbol for the Roman god Jupiter, whose blessing was invoked upon every prescription to ensure its purity. Others believe that the 'R' in the symbol used to be an eye, the 'Eye of Horus' - an Egyptian god considered to be the "father of pharmacy." The Eye of Horus (or 'udjat') became a very powerful symbol in ancient Egypt. It was worn as an amulet to ensure good health and ward off sickness.

Caleb Bradham, a pharmacist from New Bern, NC, created a carbonated beverage, named Brad's Drink, to sell to fountain customers in his pharmacy. He deemed his drink "Exhilarating, invigorating and aids digestion." In 1898 Brad's Drink was renamed Pepsi-Cola.

Some of the scales used in pharmacy are so sensitive they can weigh individual grains of salt.

The first female pharmacist was Susan Hayhurst, who graduated from the College of Pharmacy in 1883 as both a pharmacist and a doctor. Until that point, women were thought not to be physically strong enough to pound the substances used in compounding with enough force to crush them properly.