

The Mortar & Pestle

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Now's the time to QUIT SMOKING

Quitting smoking is one of the top 10 New Year's resolutions from last year, and it will be again this year. Despite this effort, 1 person dies from tobacco use every 8 seconds. This sad statistic needs to change!

Why quit?



1) For your HEALTH

- Within 20 minutes your blood pressure and pulse rate decrease
- After 8 hours your blood oxygen level goes back to normal
- After 3 days, your breathing will be easier
- After 1 year, there is a 50% reduction in the risk of smoking related heart attack.
- After 5 years your risk of having a stroke is the same as that of a non-smoker
- The benefits get better, the longer you have quit for!

2) For the ENVIRONMENT

- 4.3 trillion cigarette butts are discarded annually, 30% as litter
- Cigarette butts can take up to 15 years to break down
- When they break down, they leach toxic chemicals into our soil and water harming humans and animals alike

3) For the health of OTHERS

- Second hand smoke KILLS children and adults who do not smoke
- There is no safe level of exposure to second hand smoke

4) To save MONEY

- Smoking a pack of cigarettes a day costs approximately \$4,100 annually

Why is it so hard to quit?

Smoking is an addiction to nicotine, and nicotine is as addicting as cocaine or heroin. When someone smokes, nicotine reaches their brain in 10 seconds. Each time that person smokes, their brain becomes more tolerant to the effects of nicotine. They need more of the drug nicotine to get the same pleasurable effect.

The addiction to smoking has a few different components:

- 1) Physical addiction**—your body is used to functioning with a certain level of nicotine. When you quit, withdrawal symptoms such as headache, nausea and anxiety cause a desire to smoke again. These symptoms will disappear in a few weeks if smoking is not resumed.
- 2) Behavioral conditioning**—like the old story of Pavlov's dog. Whether a person associates a cigarette with the smell of coffee or a chat with a friend, these cues make it harder to quit.
- 3) Psychological**—people feel they need their cigarettes to cope with daily life. They feel that without it they would not be able to make it through the day.

What can I use to help kick the habit?

There are many options both non-drug and drug that can be used to quit smoking. These include:

- Counseling



- Support groups (in person and online)
- Hypnosis/Acupuncture
- Nicotine Replacement (patch, gum etc.)
- Prescription Medications (Champix/Zyban)
- Combination of the above strategies



How can your pharmacist help you quit smoking?

They can help you quit by:

- Assessing the level of your nicotine dependence
- Working with you to choose which medication (if any) will work best for you
- Providing support and one-on-one counseling
- Directing you to support groups and resources
- Educating you on withdrawal symptoms and methods to cope with them

Take part in the National Non-Smoking week January 15-21 and ask your pharmacist how you can QUIT!

Remember, "If at first you don't succeed, try, try again". It simply takes some practice.

Dry Skin Solutions

Is your skin suffering this winter? Dry skin, or xeroderma, is often worse in the winter when the climate is colder and drier. Normally, the skin secretes its own oil, **sebum**. When this oil is stripped away, the skin becomes dry and it loses its ability to protect the body from the outside world.

How do you know if you have dry skin?

Common symptoms of dry skin include:

- Flaking
- Itching
- Cracking
- Redness

These symptoms most commonly appear on arms, hands and lower legs.



Can you prevent dry skin?

The easiest way to prevent dry skin is to avoid stripping it of its protective sebum. The number one culprit is harsh cleansers and soaps. Using a gentle soap such as glycerin soap or Cetaphil® and avoiding heavily perfumed cleansers can help to prevent dry skin. Another way to prevent dry skin is to stay hydrated! Drink plenty of water and avoid drinking excessive amounts of caffeinated beverages.

How to treat dry skin?

For mild to moderate dry skin, the following methods will restore moisture.

- After bathing or showering, moisturize with an unscented, hypoallergenic moisturizing cream
- Add a tablespoonful of oil (mineral, almond, olive) to your bath AFTER soaking for 5 minutes
- Protect your skin from the elements by moisturizing before heading outside.

For more severe dry skin that can't be treated with the above suggestions, prescription steroid creams may be required.

Ask your pharmacist for help selecting products to treat your dry skin today!

Does your dog have Arthritis?

Many humans complain that their arthritis acts up during the winter months. But, it isn't just humans that get arthritis. In fact, 1 in 6 of our canine friends will develop arthritis!

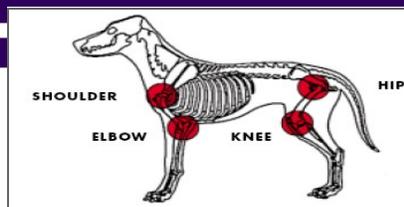
What are the signs of arthritis in dogs?

Some common signs of arthritis in dogs are:

- Pain and stiffness when getting up or down
- Becoming slower going up or down stairs or while walking
- Limping
- Resisting touch

How is arthritis diagnosed?

If you suspect your dog has arthritis, you should take them to a veterinarian promptly for diagno-



sis. Your vet will perform an orthopaedic exam and if arthritis is suspected will have an X-ray of the joints taken to confirm.

How is arthritis in dogs managed?

Ensuring that your dog lives a healthy lifestyle is key to reducing the amount of arthritis pain they feel.

- Ensure your dog is at an optimal weight through a good diet and regular exercise. Excess weight puts pressure on joints contributing to pain.
- Exercise is important to help reduce pain and keep muscles strong around the joint. A daily walk will help to reduce pain.

There are medications and supplements that your veterinarian can prescribe, such as:

- **Glucosamine**—a non-prescription supplement to improve the quality of joint fluids.
- Anti-inflammatory medications—to help reduce inflammation and pain.

****NEVER give your dog a medication without checking with your veterinary pharmacist or veterinarian. Something as simple as Tylenol (acetaminophen) could be fatal to your dog.**

