

# The Mortar & Pestle

## Volume 3 Issue II

### Stafford Pharmacy and Home Healthcare

#### OPTIMIZE YOUR HEALTH UTILIZING PHARMACY SERVICES

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At Stafford Pharmacy we offer a wide range of products and services with one goal in mind, improving your health. We are continually expanding our list of services to reach this goal and we have recently added one-on-one consultations to the list.

It may seem strange to make an appointment for a consultation with your pharmacist, but people are starting to do just that! Can you believe it? Pharmacists at Stafford Pharmacy & Home Healthcare are talking to patients and setting up appointments. Why? So that they can have one-on-one time with a clinical pharmacist with no rush and no line up.

Our pharmacist's will assess your medical history, current medications and medical conditions. They will work with you to determine your personal health goals and understand your individual needs. Once this is complete, the information is used to identify any issues such as an untreated or undertreated medical condition, an un-necessary drug therapy, potential diet and lifestyle changes and much more. Once this process is completed, the pharmacist will recommend (to yourself or your physician) improvements and/or changes to your medications.

This new service is recommended for anyone taking prescription drugs, namely those who have complex medical conditions including: **high blood pressure, diabetes, asthma, chronic obstructive pulmonary disease, heart failure, ischemic heart disease and mental health diagnoses**. It is also strongly recommended for anyone who receives medications in a **blister pack** or who takes **four or more** prescription drugs.

In many cases the fee for this "new" service is covered by Alberta Health as long as you have a valid Alberta Health Care Card. Please see the next page for a complete listing of service and fee information.

If you want to make certain that you are getting the most from your drug therapy, schedule an appointment with our clinical pharmacist today. We are currently booking appointments Tuesdays and Thursdays between 10 AM and 4PM.

Talk to our pharmacy staff. Make an appointment today. You'll be glad you did, we guarantee it.

#### FREE FLU CLINICS

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Stafford Pharmacy is offering flu vaccinations on **Tuesdays and Thursdays from 2:00pm – 4:30 PM**. **No appointment necessary.**

Anyone aged 10 and older **presenting a valid Alberta Health Care card is eligible to receive a FREE flu vaccination** by one of our trained pharmacists or nurses. Children aged <10 must get their vaccination from the Lethbridge Community Health Center, their family physician or attend one of the flu clinics at the Exhibition Park.

## CLINICAL PHARMACY SERVICES MENU

The following menu is a listing of services available at Stafford Pharmacy by appointment.

**Consultation Services** – The minimum charge for these services is \$30. The fee will be applied in 15 minute increments

- Includes 1-on-1 consultation with one of our clinical pharmacists
- Pharmacist will create an individual care plan and provide you with an up-to-date medication list
- Recommendations will be documented and sent to your physician if requested
- Includes the ordering of any blood tests required

**Medication Reviews**.....\$120 per hour

*\*You may be eligible to have this service fee covered by Alberta Health if you have one or more of the following conditions: high blood pressure, heart failure, ischemic heart disease, diabetes, asthma, chronic obstructive pulmonary disease, and/or mental health.*

**Menopause/Andropause Assessment**.....\$120 per hour

### **Saliva Hormone Testing**

Female Panel (Estradiol, Progesterone, Testosterone, DHEA, and 1 point cortisol).....	\$220.00
Female Panel with 2 point cortisol.....	\$285.00
Female Panel with 4 point cortisol.....	\$385.00
Male Panel (Estradiol, Testosterone, DHEA and 1 point cortisol).....	\$187.50
Male Panel with 2 point cortisol.....	\$242.50
Male Panel with 4 point cortisol.....	\$330.00
Individual Hormones..... (each hormone)...	\$50.00
Month Long Hormone Assessment (progesterone/estradiol).....	\$312.50

### **Miscellaneous**

**Immunizations**.....\$20

*\*In some cases fee may be covered by Alberta Health (i.e. flu vaccinations, Depo-Provera, and more)*

**Pharmasmart Blood Pressure Monitoring Card**.....\$5

*\* The PharmaSmart blood pressure Smart Card includes a memory chip, which means it “remembers” your previous blood pressure readings. This allows you to track your blood pressure readings over time. It also gives you access to your own blood pressure analysis to help you, your pharmacist and physician to develop & monitor treatment strategies if you are diagnosed with high blood pressure. This now becomes an extremely useful tool that when used consistently and can make a difference in your health outcome.*

*The information on your smart card is private and confidential.*

### **Volume 3, Issue 11**

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#### **Recent Blog Articles at:**

[www.staffordpharmacy.com/blog](http://www.staffordpharmacy.com/blog)

\*Announcing New Feature Page “The Prescription Pad”

\*Flu Vaccinations

\*Andropause

\*Saliva Hormone Testing