



The Mortar & Pestle

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Stafford Pharmacy and Home Healthcare

TAKE CARE OF YOUR LEGS WITH COMPRESSION THERAPY

Do you experience swelling, heaviness, or fatigue in your legs near the end of the day? Do you suffer from chronic swelling or leg edema? Are you pregnant? If you answered yes to any of these questions, compression socks or stockings may help!

Who should wear compression stockings?

If you experience any of the following you should wear support:

- Heaviness or fatigue in your legs
- Varicose veins
- Pregnancy
- After vein stripping of sclerotherapy
- After being diagnosed with a blood clot (or to prevent a blood clot from developing on long flights or car rides)
- Chronic swelling of the legs (edema)
- History of leg ulcers

How do compression stockings help?

The term graduated is used to describe compression stockings which have the greatest pressure at the ankle a graduated decrease in compression as you move up the length of the leg. Graduated compression stockings work by putting pressure on your legs to help your veins work more efficiently to return blood back to you heart, and by putting pressure on the tissue in your legs preventing fluid from pooling (edema).

Do you need a prescription?

Low to mid strength compression stockings do not need a prescription and can be purchased over the counter. Higher compression stockings require a prescription and must be fitted by a certified member of our Home Healthcare department.

Will my insurance pay for compression stockings?

Possibly. Some health benefits plans do pay for one or two pairs of compression stockings annually. Contact your insurance company to see if compression stockings are a benefit. It is likely that your insurance company will require a prescription from your family physician before they will reimburse you for the cost of your stockings.

How do you select the right pair?

There are many different styles of compression stockings. They range from socks used during aerobic exercise to stockings worn everyday while at rest or at work. Compression stockings also come in different strengths (level of compression) and styles.

The staff in the Home Healthcare department at Stafford Pharmacy is highly skilled and certified to help you choose and fit you for a pair of compression stockings that will best meet your needs.

HELP US SUPPORT THE ALZHEIMER SOCIETY THIS SEPTEMBER

Fact: Today 747,000 Canadians are living with Alzheimer's disease and other dementias.

Fact: Alzheimer's disease not only affects the elderly, but also those aged 40-50 in some cases.

Fact: Alzheimer's disease is fatal.

Fact: There is no cure for Alzheimer's disease.

Each year in September, Stafford Pharmacy holds an event to support the Alzheimer Society, a national not-for-profit health organization dedicated to helping those people affected by Alzheimer's disease. This year, we have decided try something new and exciting to support this great cause!

Each time you make a purchase at Stafford Pharmacy this month you will have the opportunity to purchase a "coffee cup mobile" for \$1, to which **Stafford Pharmacy & Home Healthcare will match funds collected** to a maximum of \$500.00. All proceeds going to the Alzheimer Society.

Throughout the month of September, we will also hold a raffle for four amazing prizes, one of which is a digital camera!!! **Raffle tickets will be 3 for \$5.**

Then, on Thursday September 26th, we will be hosting a coffee break! Come in for a coffee and a cookie for \$2. Start your morning off with a warm drink and a tasty treat in support of this great cause!



WELCOME TO OUR PHARMACY STUDENT!

The University of Alberta in Edmonton is home to the Faculty of Pharmacy in this province. As part of the curriculum, students are required to complete clinical placements in the 1st, 3rd and 4th years of study. These placements are essential to help the student ts use the knowledge obtained in school and put it into practice, honing their practical skills. Pharmacies across the province, including ours, volunteer to mentor students in clinical placements each year.

This fall from August 26th – October 18th we will have 4th year pharmacy student Melissa joining us! We hope you will help us welcome Melissa to our team, and allow her the opportunity to participate in your care. This will make her time with us meaningful and she will grow to love the profession of pharmacy! During her time here, Melissa will be conducting medication reviews, administering vaccinations and much, much more. We hope you will have the opportunity to meet Melissa during her stay.

Welcome, **Melissa!** We look forward to having you at Stafford Pharmacy this fall!

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