



The Mortar & Pestle

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Stafford Pharmacy and Home Healthcare

VASCULAR RISK REDUCTION RESEARCH STUDY

Stafford Pharmacy is pleased to announce that we will be recruiting patients for a study being conducted by the University of Alberta. **This study is hoping determine how a community pharmacy cardiovascular risk reduction program can help decrease your cardiovascular risk!**

Background: Cardiovascular disease (disease of the heart and blood vessels) is one of the leading causes of death in Canada. Additionally, it costs the Canadian economy close to \$21 billion per year. The study aims to show that pharmacists working with patients and their doctors to modify risk factors for cardiovascular disease can decrease our population's overall cardiovascular risk. Because pharmacists are easily accessible, they may have more opportunities to educate people about cardiovascular diseases and medications used to treat them. **This MAY lead to better prevention and control of cardiovascular diseases.**

How do you know if you are eligible to participate?

If you have **one or more** of the following it is likely you will be eligible to participate:

- Elevated blood pressure (with or without medications to treat blood pressure)
- Elevated cholesterol (with or without medications to treat cholesterol)
- Elevated blood glucose (with or without medications to treat blood sugar)
- Large waist circumference or high body weight
- Kidney disease
- Use tobacco

****If you are unsure of your cardiovascular health because you haven't been checked for elevated blood pressure, cholesterol, or blood sugar, and would like to be screened to assess your cardiovascular risk, please speak with one of our pharmacists today!**

If you are eligible, what will you have to do? If you meet any of the above criteria and consent to participate, your pharmacist will assess your risk of having a heart attack or stroke using a computer program. To have your risk properly assessed, you may be asked to have some blood tests completed (including cholesterol level, etc.) if you haven't done so in the last 3-6 months. The pharmacist will provide you with a laboratory requisition form to have the testing done. If you are eligible and consent to participate in the study, you will be randomly assigned to one of two groups using a computer program. The two groups will be the Usual Care Group and the Advanced Care Group—each receiving a different level of care.

How much time will this take? The first meeting with the pharmacist (or pharmacy student) will take 30-45 minutes. Follow-up assessments will also be conducted monthly to every three months and take an average of 10-20 minutes.

What are the possible benefits? The pharmacist-delivered program may lower your risk of having a heart attack or stroke by decreasing your risk factors.

If you would like more information on this study or to find out if you are eligible to participate in this study on reducing the cardiovascular risk of Albertans, please speak with a member of our pharmacy team today!

SIMPLE TIPS FOR COPING WITH HOLIDAY STRESS

The holiday season can bring with it joy, happiness, and Christmas parties. However, for many it can also bring much stress. The holidays may mean year end at work, hosting holiday parties, and dealing with family conflict and/or added financial strain. When stress builds to a level which is too high, it may manifest as anxiety, depression, insomnia, feelings of excessive worry or guilt, tearfulness, lashing out, or panic attacks. Be aware of the feelings of those around you and take note of the following simple tips to help you get through the holidays as stress-free as possible!

1. **Be realistic** – Neither you nor your holiday has to be perfect.
2. **Practice acceptance** – Some degree of anxiety is “normal”, healthy, and motivating.
3. **Change your thoughts** – Catch worried thoughts, think about them and change them to more helpful, adaptive thoughts.
4. **Plan ahead** – Set a budget for yourself and plan holiday activities and gift giving in advance.
5. **Don't take on too much** – Be honest with yourself and your interests. To avoid becoming overwhelmed, limit your activities to what you know you can do. It is okay to say no.
6. **Take care of yourself** – Many of us spend so much time caring for the needs of others that we have the potential to neglect our own needs. Attend to your own feelings and healthy self-care.
7. **Stay Connected** – Social support is vital to managing stress. Maintain connections to family and friends. Talking with others can do a world of good.
8. **Be in the “now”** – Too much worrying about what may or may not come can prevent you from enjoying the present. Schedule some time to plan for the future, but take in all that is in the moment and enjoy it!
9. **Take a deep breath** – Deep breathing can reduce stress by helping to encourage relaxation.
10. **Behavioral activation** – Take action. Engage in an activity you may enjoy, such as taking a walk, listening to music, or reading a book.

STAY HEALTHY, WASH YOUR HANDS

Holiday parties can expose you to a slew of new bugs which can result in an un-festive flu or a seasonal cold. Washing your hands correctly or using an alcohol based hand sanitizer is the most effective way to protect yourself and others from the common cold and flu.

To **wash your hands** correctly, rub your hands together thoroughly and frequently with soap and water **for 20 seconds** (about the time it takes to sing Twinkle, Twinkle Little Star).

Alcohol-based hand rubs can be used if soap and water are not available. These rubs only work if hands are not visibly soiled. Use on dry hands and use enough product to cover the skin of your hands and fingers. Rub your hands together until the product has evaporated.

The single best way to help prevent the flu is to get the vaccinated each season. Stafford Pharmacy is offering flu vaccinations on **Tuesdays and Thursdays from 2:00pm – 4:30 PM.** **No appointments are necessary.**

STAFFORD PHARMACY HOLIDAY HOURS

Monday December 23rd – 9:00am-6:00pm
Tuesday December 24th – **9:00am-4:00pm**
Wednesday December 25th – **CLOSED**
Thursday December 26th – **CLOSED**
Friday December 27th – 9:00 am-6:00pm
Saturday December 28th – 10:00am-6:00pm

Monday December 30th - 9:00am-6:00pm
Tuesday December 31st – **9:00am-4:00pm**
Wednesday January 1st – **CLOSED**
Thursday January 2nd – 9:00am-6:00pm
Friday January 3rd – 9:00 am-6:00pm
Saturday January 4th – 10:00am-6:00pm

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