



THE BENEFITS OF QUITTING SMOKING

Welcome to **2014!** January 1st means the start of a New Year and with that come New Year's resolutions and promises to improve ourselves. 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 over 47,000 Canadians die each year from smoking. About 3,400 of these are Albertans. This sad statistic needs to change!

Why quit?

#1 - For your HEALTH: Within 20 minutes your blood pressure and heart rate decrease. After eight hours your blood oxygen level goes back to normal and after three days, your breathing will be easier. In as little as one year, there is a 50% reduction in the risk of smoking related heart attack. Amazingly, 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 quit!

#2 - For the ENVIRONMENT: Sadly, 4.3 trillion cigarette butts are discarded annually, 30% as litter. Cigarette butts can take up to 15 years to break down and when they do, toxic chemicals leach 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, the brain becomes more tolerant to its effects. This means that over time more nicotine is needed to get the same pleasurable effect.

What can I use to help kick the habit? There are many options, both non-drug and drug, that can be used to help a person quit smoking. These include, counseling, support groups (in-person and online), hypnosis, acupuncture, nicotine replacement (patch, gum etc.), and prescription medication. A combination of behavioral/psychological support, coupled with nicotine replacement or a prescription medication, helps to fight the addiction from all sides.

How can your pharmacist help you quit smoking? Pharmacists are great resources and can help you quit by assessing the level of your nicotine dependence and working with you to determine which nicotine replacement solution or medication (if any) will work best for you. Your pharmacist will help you choose the correct dose and may be able to prescribe a medication if required. Pharmacists provide support and one-on-one counseling and can direct you to support groups and resources as well!

Take part in the National Non-Smoking Week January 19-25 and ask your Stafford Pharmacy pharmacist how you can QUIT today!

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

CHOOSE A HEALTHY LIFESTYLE TO PREVENT OR CURE

Statistics show that the #1 New Year's resolution is to lose weight. They also show that after one month, only 64% of people have stuck to their resolution plans, and after six months, only 46% stay the course. This year, consider making a change in your lifestyle to improve your health, not just to lose weight or look better.

Let's look at your lifestyle in a new light, as medicine. Did you know that the first line therapy (the best and 1st therapy that should be tried to treat a disease) in many cases is lifestyle change? Have you ever considered the fact that increasing your activity level and eating healthier can prevent the need for medications in many instances?

Lifestyle changes are considered first line therapy for the following medical conditions: high blood pressure, high cholesterol, type 2 diabetes, metabolic syndrome, cardiovascular disease, and obesity.

We are now offering the Metagenics First Line Therapy Program, a lifestyle medicine program that helps people dealing with the conditions listed above. Participation in this program includes body analysis and a personalized lifestyle and dietary program, including meal planning, nutritional supplements, and exercise to help you support optimal health and well being for a lifetime.

This year choose a lifetime of health. For more information on the Metagenics First Line Therapy Program and to find out how you can enrol, speak with one of our pharmacy team members today!

CUSTOM VETERINARY MEDICATIONS

It is not just human patients who need our attention. **Animals are often in need of drug therapy for a variety of medical conditions, and Stafford Pharmacy is here to help!**

When it comes to medications, it isn't always easy to convince our furry friends that something is good for them, or needed. The challenge for the veterinarian is not only finding the right medication for the particular medical problem, but the right dosage or format given the wide variety of animal species that are seen. There are certainly challenges to giving medications to a small bird that would not be seen when giving medication to your dog or cat. Animals come in all different sizes, shapes, colors, and temperaments, so why shouldn't their medicines?



Custom compounding allows us to create beef flavoured liquid for dogs and tuna flavoured medicines for cats! Ferrets love fruity flavours just like birds do! We can incorporate medication in treats, and also into creams which will deliver the drug to the bloodstream. This simply gets rubbed on the inside of your pet's ears! It is important to note that in order for us to make a compounded medication for your animal we require a prescription from your veterinarian.

If your pet needs medication, speak with a member of our pharmacy team and ask how we can help you help your pet!

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