



The Mortar & Pestle

Volume 5 Issue 3 (March)

Stafford Pharmacy and Home Healthcare
SPECIAL EDITION: Pharmacist Awareness Month

THE PHARMACIST IS IN

Our role is changing to help you better manage your health. **Talk to us.**

This month at our pharmacy, we're celebrating Pharmacist Awareness Month. As a key member of your health care team, we want to make sure that you understand the full range of services we can offer. In addition to filling your prescriptions and providing expert medication advice, did you know that we can also:

- Refill a prescription that's run out
- Change a medication so it's easier to take
- Give you a flu shot or other vaccinations
- Prescribe medications for some minor ailments and to help manage chronic diseases
- Help you quit smoking

You can also ask us about managing long-term conditions, such as diabetes, asthma and high blood pressure. We can help you understand what it is and how to treat it. And we'll let you know if you should see your doctor or other health professional.

Have questions about your health?

The answers could be as near as your community pharmacy. Pharmacists have years of training—not only about your medications, but also about the conditions they treat.

Not sure if you should see a doctor?

You can talk to your pharmacist about your symptoms, in confidence. He or she will let you know if you need to see a doctor, or suggest treatments that you can try right away.

Do you have diabetes or another chronic condition?

Consider pharmacists your personal support team between doctor's visits. Learning to live with a chronic illness is a journey, and pharmacists can help you every step of the way.

Ever run out of a prescription?

New provincial laws mean pharmacists can do more—for instance, they can refill a prescription or change the format of a drug so it's easier for you to take if deemed necessary.

Wish you had more time for health?

Busy lives can make health care a challenge. Your nearest pharmacy is likely just minutes away and many are open evenings and weekends. You also don't need an appointment to talk to a pharmacist. Bring us into your lives, and we'll help you take better care of your health.

MEET YOUR STAFFORD PHARMACY PHARMACISTS

Pete Christensen BSc Pharm, R.Ph

Pete was born in Raymond, AB. and raised nearby in Welling, AB. He attended pharmacy school in Edmonton at the University of Alberta and graduated in 2009 (with Jaclyn) with a Bachelors of Science in Pharmacy. Pete's areas of interest in pharmacy include (not in any particular order) compounding, psychiatry, and anticoagulation. He is certified to administer drugs by injection. In his spare time Pete enjoys singing and playing guitar. He loves many different sports, but cycling is his main outdoor passion.



Jaclyn Katelnikoff BSc Pmcol, BSc Pharm, R.Ph

Jaclyn was born and raised in Sparwood B.C. She spent 8 years at the University of Alberta while obtaining 2 degrees, a BSc Pharmacology in 2005 and a BSc Pharmacy in 2009. Jaclyn has been working at Stafford Pharmacy since she was a pharmacy student. Her areas of interest are cardiovascular risk reduction, custom compounding and veterinary medicine. She is certified to administer injections and obtained her Additional Prescribing Authority on July 15th, 2013. In her spare time Jaclyn likes to spend time with her family, curl, snowboard and operate her small business The Diaper Drawer.



Igor Shaskin BSc Pharm, R.Ph, B. Mgt

Igor was born and raised in Lethbridge, A.B. He spent some time at the University of Alberta, graduating in 1976 with a B.Sc General and 1979 with a B.Sc Pharmacy. He then moved back to Lethbridge where he completed his B.Mgt Accounting/Finance in 1982 at the University of Lethbridge. His areas of interest are veterinary medicine, infectious diseases and compounding. Igor is certified to administer injections and is working on his Additional Prescribing Authority. In his spare time Igor enjoys downhill skiing with family, puttering in the yard & garage with his German Shepherd Nova, technology, scuba diving and learning something new every day.



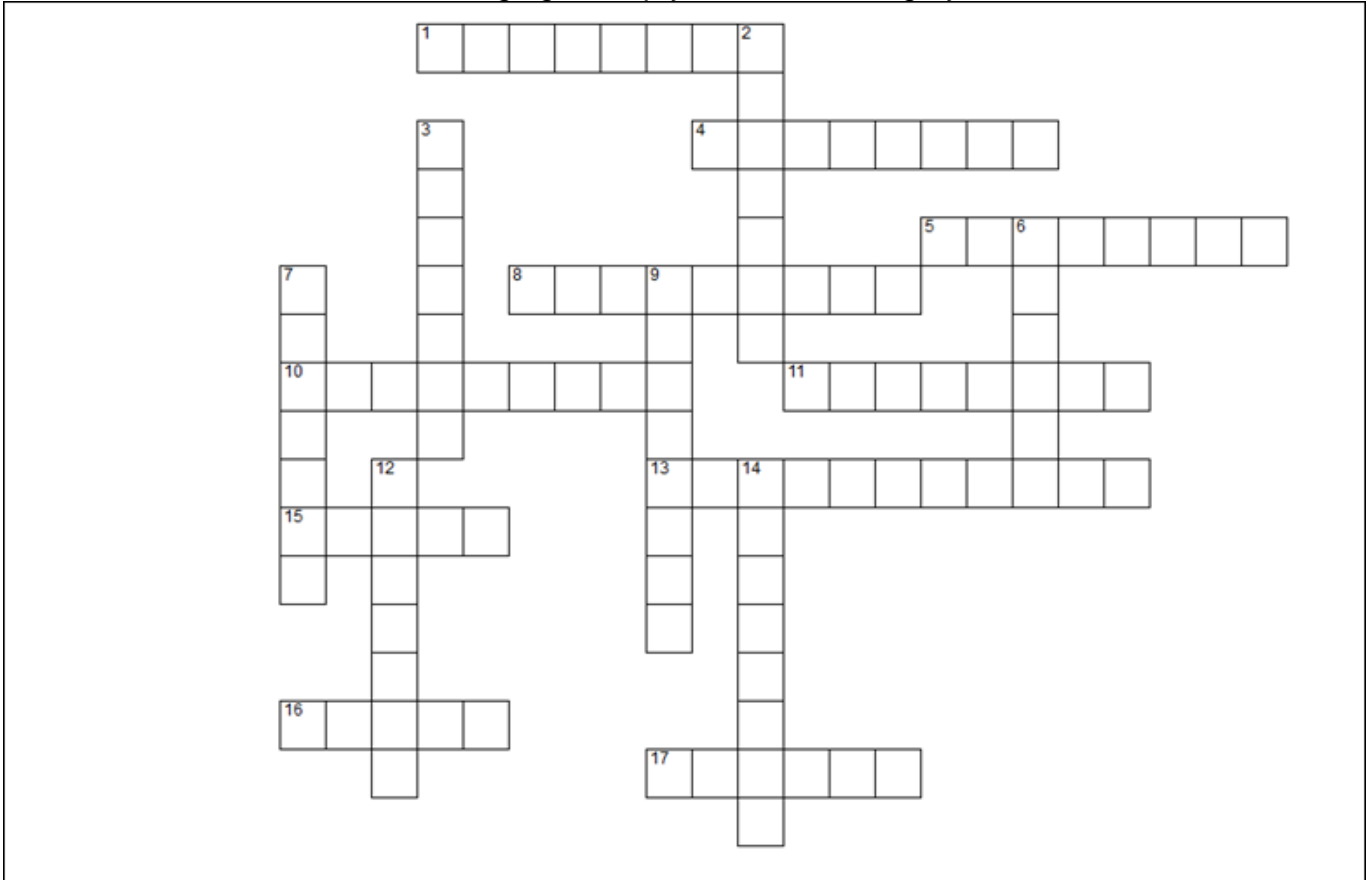
Come in to meet us and let us help you with your medications! To book an appointment to discuss your medications or have an immunization administered speak with a member of the pharmacy team or call 403-320-6500 Ext 1 Today!

**STAFFORD
PHARMACY**
HOME HEALTHCARE
1475 St. Edward Boulevard
Lethbridge, Alberta
T1H 2P9

CROSSWORD PUZZLE

The pharmacist is in!

Our role is changing to help you better manage your health.



Across:

1. Tell your pharmacist about any of these supplements you are taking so they can help you prevent drug interactions
4. Besides your community pharmacy, pharmacists also work here to help patients
5. Your pharmacist can help you determine if you are at risk to develop this chronic condition, and help you manage it if you do
8. March is Pharmacist _____ Month
10. Ask your pharmacist to help you discover the best therapy for these common complaints that can cause itchy eyes, a runny nose and sneezing
11. Regular amounts of this activity improves your general health, increases energy and decreases stress
13. You don't need one of these to visit your pharmacist
15. This type of disease is one of the leading causes of death for Canadian men and women
16. Wash these often to avoid spreading germs, colds and flu
17. Your pharmacist can work with this other health care provider to make sure you're taking the right medications for you

Down:

2. Keep that new year's resolution! Your pharmacist can give you some good tips on how to quit this habit
3. Don't throw it out! Bring this type of unused medication to your local pharmacy for safe disposal
6. You can get this from your pharmacist if you are interested in learning about non-prescription products
7. All pharmacists are interested in helping Canadians stay _____
9. Some pharmacists do this type of work to help discover new medications
12. Many pharmacists can give you one of these to help protect you against the flu
14. You can come here to ask questions about your health or pick up your prescriptions

Word Search

O Z M F A S O T C H M J C X T A P E S S O J B F Y
C S X Z U U M S O H W G Z R J B J R O D W H L N R
H K W B W P V I L O L U A A D F Z S G P X W U J P
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AWARENESS
CARE
COLLABORATION
COMMUNITY
CONFIDENTIAL

DIABETES
HEALTH
HEART
MANAGE
PHARMACIST

POSSIBILITIES
PRESCRIPTION
PRIMARY
REFILL
SUPPORT



THE PHARMACIST IS IN!
TALK TO US

MARCH
2014

