

# The Mortar & Pestle

Volume 6 Issue 3

March 2015

Celebrating 30 Years in Business (1985 to 2015)

## Enhanced Pharmacy Services Offered Here!

- One-on-one consultations with our pharmacists for medication reviews
- Lab Test Ordering and Interpretation
- Cardiovascular Risk Assessment
- Travel Consultations
- Smoking Cessation Support
- Women's Menopause Consultation & Hormone assessment
- Men's Andropause Consultation & Hormone assessment
- And many more.

(all services offered based on individual patient need)

## Inside this issue:

Pharmacist Awareness	1
Enter to Win	1
Product Spotlight	2
Pharmacist's Tip	2

## Pharmacists: Trusted Care When and Where You Need It

### Your pharmacist is an expert on medication but can also help with many other health-related topics.

Don't be afraid to ask! Here are some tips on how to get the most from your pharmacy visit!

### Tell your pharmacist about everything you take

Even vitamins and natural supplements matter, because they could interact with your other medications. Your pharmacist can help you avoid serious side effects. If you're not sure how something will affect you, just ask your pharmacist.

### Use the same pharmacy for all prescriptions

That way your pharmacist has a list of all your medications and can keep track for you. It will also make it easier

for your pharmacist to check for possible interactions between a new medication and one you're already taking.

### Take your medication as prescribed

Take all of it—even if you start to feel better—to make sure the medication works. Follow the instructions on the label to make sure you're getting the right dose.

### Pharmacists can make it easier to take your medication

If you have any trouble opening a pill bottle, reading the label, taking the medication, or remembering what to take and when, your pharmacist can help make it easier for you.

### Babies and children are special patients

Your pharmacist can help with teething, colic, diaper rash and more. If you're giv-

ing your child any medication, even over-the-counter products like cough syrup, your pharmacist can make sure you give the right dose based on your child's age and weight.

### Take it back, don't throw it out

Putting old or unused medication in the garbage or down the toilet is not a safe way to dispose of them. All pharmacies will take it back and dispose of it safely for you. They will also take back any needles or lancets in a sharps container.

### Know and trust your pharmacist.

Building a relationship with your pharmacist is essential for managing your health. Remember, your health and safety is your pharmacist's top priority. By working together we can ensure we meet all of your health goals!

## ENTER TO WIN!

Bring this ballot in to Stafford Pharmacy and place in our draw box before March 31st, 2015 for a chance to win a Dymo Personal Labelmaker (\$39.95)!

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_



CANADIAN  
PHARMACISTS  
ASSOCIATION

ASSOCIATION DES  
PHARMACIENS  
DU CANADA

Ask us about customized dosage forms compounded specifically for your needs. Why settle for the one size fits all strategy.

**Volume 6 Issue 3**

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## Product Spotlight! U-CUBES from SISU

Despite our best attempts, children's diets can experience nutritional gaps. Fruits, veggies, proteins, good fats, calcium...are all elements we strive to provide but can be a challenge to deliver. Supplementing a child's diet with a high-quality, pure and safe multivitamin will help you provide your kids with the essential building blocks of a fully complemented diet.

**SISU U-Cubes gummies** provide the important vitamins and minerals children need daily, in a formula specially designed for kids. Other gummies are often made with animal gelatin, high-fructose corn syrup, and artificial colours and preservatives – but not SISU U-Cubes. We stand behind giving your kids the best support they need while they are growing!



## Pharmacist's Tips—with Pete Christensen

### Travel Immunizations

Are you traveling to a different country to get away from our sometimes volatile southern Alberta winter? Do you need any immunizations before you leave? Two of the many services we provide at Stafford Pharmacy are travel consultations and the administration of travel vaccines. Here are a few tips to help you get organized and protected against a disease that may be present in the country to which you are traveling.

1. **Prepare far in advance.** Getting immunized a week before you go will not give you adequate protection from disease. Children under 9 years need to be seen at the health unit, so you would be wise

to book appointments up to six months in advance. At a **minimum**, you should start your vaccination series at least **two months before travel**. Check with one of our pharmacists as soon as you know you're going to travel and we can make sure you will be ready in time.

2. **Obtain your immunization record.** Having this information ready before you come for a travel consulta-

tion will help to ensure you get the vaccinations you need, and avoid getting re-immunized with those you have already received. This will also help save time and money!

### Additional Travel Tips

1. Make a list of the things you need to get ready to go. There's nothing worse than discovering the day before you leave that your passport has expired.
2. Make sure your prescription medications are in pharmacy-labeled vials. If they are in a blister pack or dosette, we can provide you with a computer generated list to go with the pack.
3. **HAVE FUN!**



**Happy St. Patrick's Day!**