

The Mortar & Pestle

Volume 6 Issue 4

April 2015—Daffodil Month

Cancer Prevention Tips

- QUIT smoking
- Avoid Exposure to Second Hand Smoke
- Protect yourself from the sun with Sunscreen, Hats and Sunglasses
- Eat Healthy
- Stay Active
- Take Vitamin D Daily
- Minimize Alcohol Consumption

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PROUD SUPPORTER OF
**DAFFODIL
MONTH**



Canadian
Cancer
Society

fightback.ca

Cancer in Canada

An estimated 191,300 new cases of cancer and 76,600 deaths from cancer will occur in Canada in 2014.

Cancer is the leading cause of death in Canada and is responsible for 30% of all deaths.

The good news is, our Cancer screening techniques are improving! **Regular checkups are important** because healthcare professionals like doctors are trained to spot the early warning signs of cancer. But even if you've recently seen your doctor for a checkup, it's important to report any new and sudden onset of pain, abnormal mole, unusual swelling or lumps, unexplained weight loss and fa-

tigue, blood in urine, stool or phlegm, any sore which will not heal and any other symptom that you find concerning.

Cancer treatments are also advancing and 5-year cancer survival rates are increasing. **Between 1992/94 and 2006/08, survival rates increased from 56% to 63% for all cancers combined.**

The 3 main cancer treatments are surgery, radiation and chemotherapy. Cancer therapies are typically provided with funding through the cancer center pharmacy. However medications used to fight side effects are dispensed from your community pharmacy!

At Stafford Pharmacy, we offer help with medication scheduling and management for those on these medications. Additionally, we are able to **compound specialty medications to help with side effects such as nausea and mouth sores.**

If you or a loved one has questions or needs help with cancer therapy please don't hesitate to ask a member of our pharmacy team today.

The daffodil is a symbol of strength and courage in the fight against cancer. **Buy a daffodil pin from Stafford Pharmacy and wear it in April to show your support for Canadians living with cancer now.**

ENTER TO WIN!

Bring this ballot in to Stafford Pharmacy and place in our draw box before April 30th, 2015 for a chance to win a **Omnitech 12-Sheet Cross-Cut Shredder (\$49.95)**

Name: _____

Phone #: _____

E-Mail: _____

Product Spotlight! Nature's Aid Skin Gel

Nature's Aid skin gel is an all-purpose natural gel created for the effective treatment of most skin conditions. Nature's Aid skin gel is prepared using highest quality, natural **ingredients – including Aloe Vera, Tea Tree oil, Vitamin E, Witch Hazel, Rosemary, and more.** Its unique and proven formula is specially blended to ensure it is effective for most skin types.

Nature's Aid skin gel has the ability to quickly penetrate multi layers of the skin, extending to the underlying muscle tissue, making it effective at soothing and helping to heal a wide assortment of skin conditions, infections, and their related symptoms. Some of the many uses include but are not limited too: minor burns, acne, fine line minimization, wounds and cuts, mosquito bites and mild swelling and itch. Available in 15 ml sample sizes as well as larger bottles!



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Pharmacist's Tips—with Igor Shaskin

Consistency = Compliance

You've seen your doctor he's run the necessary tests, listened to you explain your symptoms and done the necessary diagnostics to determine that you should be on a specific medication. When you take the prescription into the pharmacy you learn about the medication, how best to use it and how it will help your medical problem and you head home with medication in hand.

Although you might think the difficult work has now been done, I'm going to tell you that all that good work is for naught if you, the patient, the third partner in this therapeutic triad do not carry out the most important responsibilities. What's that you say? What could be more important than the complex diagnostics involved in making a diagnosis of the medical problem or the selection and design of a drug regimen that will effectively treat the medical disorder? Simply put, following the prescribed drug therapy just as the physician has prescribed and the pharmacist has explained to you. That is now the responsibility of the patient.

I should qualify that statement with the explanation that it may not be the patient's sole responsibility if the patient is unable to manage the drug therapy on their own and out of that necessity require the help of a caregiver. In every other circumstance, the patient now must take ownership of this drug regimen and with the help of the pharmacist construct a dosing schedule that will maximize the benefits of drug therapy and at the same time minimize potential side effects.

That means committing to using the medication regularly, every day and following the dosing schedule as designed by the pharmacist with input from the patient. What that describes for example, is an oral dose of medication that must be taken three times daily, must be taken morning, mid-day and evening. That three times per day could mean with each meal, before each meal or every eight hours.

Whatever the dosing regimen that particular drug's therapeutic benefits are dependent on that regimen being followed and that regimen must be followed each and every day, 365 days of the year. That includes weekdays, weekends, holidays, when you are at

home and when you travel. The dosing regimen does not change. That is how you, the patient or consumer - however you prefer to think of yourself - will ensure that each drug will display its best therapeutic benefits and also how the side effects or adverse effects can be minimized.

Now, in contrast to this consistent medication taking behaviour, if that same person takes medication following an irregular routine, the results will be quite different. Inconsistency leads to inconsistent or incomplete therapeutic benefits. Inconsistency also results in the increased risk of adverse reactions, side effects and even the increase in drug-drug reactions when the treatment regimen includes two or more medications.

If you take only one message from this article it should be "consistency". The more consistent you can be, the easier it will be for your own physiology to adapt to the medications, the better the therapeutic results with little to no adverse effects. That is how you gain the best from any medication regimen.