

Stafford Pharmacy & Home Healthcare The Mortar and Pestle

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Welcome to our Pharmacy Student Jenna !

For the month of May we are pleased to welcome pharmacy student Jenna Dursma! Jenna has just completed her 1st year of the pharmacy program at the University of Alberta in Edmonton. Jenna will be doing a portion of her Experiential learning course with us. This four-week placement has been designed to allow students to integrate their knowledge and skills obtained in the classroom to the care of patients in community practice sites. Using what they have learned in the classroom, this experience will provide opportunities to develop their patient interviewing skills, to gather patient information, and to prepare basic care plans.

Pharmacists Tips and Tricks with Jaclyn Katelnikoff

April showers bring May Flowers! With flowers comes spring cleaning! While you are doing your spring cleaning, be sure to clean out your medicine cabinet. Check each of the medications to ensure that they aren't expired. **If they are expired, remove them and bring them to your local pharmacy for safe disposal!**

Expired medical products can be less effective or risky due to a change in chemical composition or decrease in potency. Improper storage – such as a humid bathroom cabinet – can also contribute to decreased effectiveness in medicines that have not reached their posted expiration date. To help ensure the proper shelf life of your medicine, it is better to store medicine in a controlled climate. Store your medications at room temperature in a dry place. Choose a location where the temperature stays stable.



Remember, always keep out of the reach of children in high cupboards. Locking the cupboards is even better!!

Enter to Win!

Bring this ballot in to Stafford Pharmacy and place in our draw box before May 31, 2015 for your chance to win a Dymo Labeller (Retail Price \$39.95)

Name: _____

Phone Number: _____

E-mail: _____

No Cash Equivalent - Limit of one entry per person

Product Spotlight! Option + Allergy Remedies

Spring means flower buds and blooming trees — and if you're one of the millions of people who have seasonal allergies, it also means sneezing, congestion, runny nose and other bothersome symptoms. Seasonal allergies — also called hay fever and allergic rhinitis — can make you miserable.

Reduce your exposure to allergy triggers

To reduce your exposure to the things that trigger your allergy signs and symptoms (allergens):

- Stay indoors on dry, windy days — the best time to go outside is after a good rain, which helps clear pollen from the air.
- Delegate lawn mowing, weed pulling and other gardening chores that stir up allergens.
- Remove clothes you've worn outside; you may also want to shower to rinse pollen from your skin and hair.
- Don't hang laundry outside — pollen can stick to sheets and towels.
- Wear a dust mask if you do outside chores.
- Check your local TV or radio station, your local newspaper, or the Internet for pollen forecasts and current pollen levels. If high pollen counts are forecast, start taking allergy medications before your symptoms start.
- Close doors and windows at night or any other time when pollen counts are high.
- Avoid outdoor activity in the early morning when pollen counts are highest.

Try An Over-The-Counter Remedy

Several types of nonprescription medications can help ease allergy symptoms. Oral antihistamines can help relieve sneezing, itching, runny nose and watery eyes. Newer second generation antihistamines do not cause drowsiness. Examples of 2nd generation oral antihistamines include loratadine (Claritin®), cetirizine (Reactine®) and desloratidine (Aerius®).

When purchasing these products be sure to check with your pharmacist. **Generic versions are now on the market and can help you keep more cash in your own pocket. At Stafford Pharmacy we offer the Option+ generic brand.** If you are looking for Reactine®, check with one of our pharmacists and we can show you which Option+ brand is the generic equivalent that will make you feel better and save you money!

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