



THE HomeTown News



www.hometownpharmacy.com

January/February 2012

HEALTHY WORK RELATIONSHIPS Can Mean a Healthier Life

Did you know that being connected socially makes you healthier? But it isn't just family and friends. Work connections count too.

One study followed 820 people over a 20 year period, beginning in 1988. Participants were examined and interviewed extensively about their work environment. Those who claimed to have a high level of support from coworkers tended to be healthier than those who did not. The researchers concluded that people who are socially integrated at work use those connections to help them deal better with stress than their less socially integrated peers.

So what does that mean for you? Getting along with coworkers is not just good for business. It's also good for your health.

Pharmacy Cost Containment

SEND YOUR ORDERS EARLY IN DAY

With increasing frequency, we have been receiving many orders later in the day; long after the cut-off times. Many of these orders are timed for morning early in the day, yet we receive them after 6:00P.

Late day orders delay our delivery staff from getting on the road – meaning deliveries will be late to many facilities, not just yours.

EMERGENCY ON-CALL SERVICE

This service is intended for EMERGENCY use; not routine as in a 24 hour pharmacy. Emergency orders are primarily for pain medicines, antibiotics etc. Our On-Call Logs are FULL of calls for ROUTINE meds. We are also seeing the number of after hours calls significantly increase this past year.

We recognize not all STAT deliveries are unavoidable. But many are.

After hours and STAT deliveries are expensive. This is not a cost we currently pass on to our facilities. We do ask that you be prudent with its use.

Staff should:

- Monitor quantities and order 2 days in advance of need.
- Call the pharmacy when an order sent before cut-off wasn't received.
- Ask the provider if you can write on the order, "May start at next scheduled pharmacy delivery." And include it on your order.
- On late night orders, let the prescriber know what meds you have in your BUB prior to their prescribing.



Did You Know??

Material Safety Data Sheets are a great source

of information for drug safety and handling. These are available in unlimited quantities through our account at www.msds.com. You will need the following information to log in.

Login: Hometown_Pharmacy
Password: hometown

Fill in the blank of these Commonly Confused Drugs Names

DRUG NAME	CONFUSED DRUG
Aciphex	Aric_ _ _
Adderal I	Ind_r_ _
Benadryl	Bena_ep_ _ _
CeleBREX	Ce_e_a
Clonidine	Kl_n_p_n
Cozaar	C_l_c_
Darvocet	P_rco_ _ _
Darvon	Di_v_ _
Heparin	He_p_ _
Lanoxin	levo_h_r_xine
Lantus	L_n_e
Lunesta	N_ul_ _ta
Plavix	Pa_ _ _
Vioux	Z_v_ _
Zantac	X_ _ _X



Physical Activity. The Arthritis Pain Reliever.

Long gone are the days when health care providers told people with arthritis to "rest their joints." In fact, physical activity can reduce pain and improve function, mobility, mood, and quality of life for most adults with many types of arthritis including osteoarthritis, rheumatoid arthritis, fibromyalgia, and lupus. Physical activity can also help people with arthritis manage other chronic conditions such as diabetes, heart disease, and obesity. Most people with arthritis can safely participate in a self-directed physical activity program or join one of many programs available in communities across the country. Some people may benefit from physical or occupational therapy.

What are the benefits of physical activity for adults with arthritis?

Regular physical activity is just as important for people with arthritis or other rheumatic conditions as it is for all children and adults. Scientific studies have shown that participation in moderate-intensity, low-impact physical activity improves pain, function, mood, and quality of life without worsening symptoms or disease severity. Being physically active can also delay the onset of disability if you have arthritis. But people with arthritis may have a difficult time being physically active because of symptoms (e.g., pain, stiffness), their lack of confidence in knowing how much and what to do, and unclear expectations of when they will see benefits. Both aerobic and muscle strengthening activities are proven to work well, and both are recommended for people with arthritis.

To learn more about the physical activity recommended for arthritis sufferers go to: http://www.cdc.gov/arthritis/pa_overview.htm



A PROFILE OF ELECTRONIC CIGARETTES

For full article:
www.uspharmacist.com
July 2011

In the United States, it is well recognized that cigarette smoking is a major cause of preventable morbidity and mortality, with numerous pharmacologic and non-pharmacologic therapies available. Smoking is the primary causal risk factor for at least 30% of all cancer deaths and for about 80% of deaths from pulmonary disease and for early cardiovascular disease. According to the 2010 Surgeon General's Report, smoking is a major contributor to many diseases and adverse health effects, including cancer, cerebrovascular disease, coronary heart disease, atherosclerosis, respiratory diseases, pregnancy complications, low bone density, and peptic ulcer disease. Additionally, cigarette smoking is a primary risk factor for the development of periodontal disease; it also interferes with wound healing after periodontal surgery and dental implant placement.

For years, smoking has been a major economic and public health burden. Smoking intervention is important in reducing morbidity and mortality, and it is cost-effective. There are various methods for smoking cessation, including behavior modification (counseling, hypnosis), alternative therapies (acupuncture), nicotine replacement products, medications, and the latest intervention – battery operated electronic cigarettes. E-Cigars and pipes are also available.

The World Health Organization (WHO) has termed the e-cigarette devices as "electronic nicotine delivery systems" (ENDS). The e-cigarette was first patented by a pharmacist in China in 2004 and since then has been available in the U.S. and other countries. It is estimated that there are several million users worldwide. Over the past 4 years, e-cigarettes have gained in popularity online and been promoted to be a safer, savvier, and cheaper mode of smoking that delivers volatilized chemical substances such as nicotine that can be used anywhere, even in smoke-free public places. It has also been promoted to reduce second-hand smoke or to stop or prevent smoking by delivering nicotine and providing craving relief.

As of January 2011, there were no federal or state regulatory policies for ENDS. The FDA is trying to stop the importation of e-cigarettes and wants them classified as medical devices, but a recent court ruling stated that they can only be regulated as

tobacco products. This implies that although the FDA can review new e-cigarette products before they go on the market, there is no close monitoring because it cannot require manufacturers to conduct animal and human studies that are required for FDA approval of new drugs or medical devices.

Originally, ENDS were developed with the intent of having a nicotine device similar to the conventional cigarette without the dangerous effects of tobacco smoke; however, the question arises as to whether e-cigarettes are less harmful than conventional cigarettes that have toxic chemicals in the tobacco smoke. There is concern about nicotine overdose when refilling cartridges and the development of carcinogens and even death. The FDA has found a number of toxins in cartridges, including diethylene glycol and N-nitrosamines, but at lower levels than in conventional cigarettes. Many errors and imperfections regarding the labeling and packaging of these devices were also found, including leaking of nicotine, actual amount of nicotine in the cartridge, problems with proper disposal of nicotine containing cartridges, and mislabeling of the cartridges, wrappers and packs. There are also worries about ENDS being attractive to children and adolescents because of the different flavors of liquid nicotine offered.

Advocates of ENDS believe they are safe because the devices deliver vaporized nicotine without the toxic combustion of tobacco and may show promise as an alternative method of smoking without the harmful effects. Additionally, e-cigarettes may help to suppress the craving to smoke. A clinical study found that after abstaining from smoking overnight, individuals have a decreased desire to smoke with the use of e-cigarettes when compared to conventional cigarettes, but there was no difference when compared to a nicotine inhaler.

Thus far, no ENDS have been submitted to the FDA for approval of smoking cessation, so the public is unaware of the actual nicotine levels or other chemicals present. The FDA is concerned about how these devices are marketed to the public and has issued a warning about potential health risks associated with e-cigarettes, including nicotine addiction and ingredients that may be toxic to humans. The FDA has also analyzed different ENDS devices and concluded that there were various levels of toxic chemicals and carcinogens, including diethyl glycol.

To date, no clinical studies have been conducted to show either safety of e-cigarettes or their efficacy as claimed by manufacturers or the potential to cause

lung cancer or stroke. There is concern whether nicotine is delivered to the lungs as claimed by the manufactures and may actually deliver more toxic products than proposed. It has been questioned if there is a uniform amount of nicotine delivered to the lungs and that it might be more difficult in terms of puff strength (strong vacuum) to produce an aerosol in e-cigarettes. Until more conclusive studies can be conducted, some countries, including Brazil, Canada, Uruguay, Singapore and Turkey, have barred ENDS.

E-cigarettes or ENDS are a new and novel approach for delivering nicotine without burning tobacco with the resultant harmful toxicants. The idea behind e-cigarettes is that the device delivers nicotine via a vapor without combustion or smoke. There are conflicting reports on the health effects of ENDS. More Clinical studies need to be conducted before final a decision is made concerning the pharmacology, health benefits and legal & regulatory issues.

Based on literature review and limited clinical studies of ENDS, there seems to be a need for better regulation of these devices. It is far too easy to obtain ENDS on the Internet, not knowing exactly how they function and their harmful effects on humans. Many believe that these devices have significant concerns to the public health community. There is no regulation regarding a standardization of manufacturing of ENDS, including the design of the device and type and dosage of ingredients. Overall, more needs to be known about the possible health benefits.

DID YOU KNOW?????

Lachanophobia is the fear of vegetables.

A matchbox lump of gold can be flattened into a sheet the size of a tennis court.

The planet Venus is the only planet that rotates clockwise.

A typical raindrop falls at a speed of 17mph.

Over the course of his lifetime, Thomas Alva Edison patented almost 1,300 inventions.

Nine out of 10 lightning strike victims survive the experience,

Kalamazoo Pharmacy
269-349-7322

Chelsea Pharmacy
734-562-2283

Grand Rapids Pharmacy
616-785-2100

Home Office
231-861-6900

