



Sharon Conley

## How to Choose a Compounding Pharmacy

**All compounding pharmacies are not the same.**

*Choosing a compounding pharmacy may be as important as choosing your doctor.* It is imperative to take control of your healthcare options including who you will trust to compound your customized medications. It is essential that you search for a pharmacy that is reliable, reputable, and cost effective as well as one that is experienced and trained specifically in compounding.

It is not enough to ask if a pharmacy “does compounding.” Many pharmacies will claim to be compounding pharmacies. And most pharmacies will provide some basic compounding – for example, flavouring or combining two ointments into one preparation. *However, the more complicated and time-consuming the procedure, the more you need to ensure that you are dealing with a pharmacy that specializes in compounding.*

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**Find out where the pharmacy is getting their ingredients from.**

A qualified compounding pharmacy needs to have the best ingredients – *that are tested* – to compound a high quality medication to meet your needs. A compounded medication is only as good as the ingredients that go into it.

**Realize you may not be comparing apples to apples.**

Take, for instance, progesterone cream. When made at Myers Drug, we use “Special Micronized Progesterone”. This means 99.9% of the particles are five micron in size or less which is important because the smaller the particles, the better the absorption in the body. Other pharmacies may use just plain Micronized Progesterone, or it may not be micronized at all!



Next, Myers Drug uses Versabase cream which has been clinically demonstrated to deliver four times more medication than the commonly used Vanicream. Myers then runs the mixture through a machine called an ointment mill to further reduce grittiness and create something known as micelles. What you need to know about micelles is they too enhance the absorption of medication.

Now our label will read “Progesterone Cream” as will another pharmacy’s, but as you can see, the two products can be very

different. That difference may be reflected in the price as well. *It may not be wise to choose the cheapest compound.*

**Find out if the pharmacy is PCAB Accredited.** PCAB Accreditation means that the pharmacy...

- Has been tested against an extremely challenging set of national standards and has met or exceeded all of them.
- Uses only pure chemicals from FDA registered facilities.
- Has an extensive quality assurance program (including regularly testing their compounded medications) and policies and procedures in place.
- Meets strict continuous training guidelines to maintain our employees’ skills while using a variety of advanced compounding equipment.



At Myers Drug, our PCAB Accreditation confirms our commitment to providing safe, personalized solutions that meet your special needs and demonstrates our dedication to being the best in our profession.

**Check to see if the pharmacy is a member of the Professional Compounding Centers of America (PCCA).**

PCCA has become the nation’s complete resource for compounding pharmacies. PCCA provides high-quality chemicals and pharmacy equipment to its members. As a member of the PCCA, Myers Drug has access to a staff of more than 20 consultant pharmacists, pharmaceutical chemists, and training personnel ready to serve our technical support needs. And, we have access to a formulary database of more than 8,000 proprietary formulas that have been pre-tested with PCCA’s chemicals.

**As with any other healthcare decision, you have choices when it comes to finding a compounding pharmacy. Be sure to take the time to ensure you are getting the best products available.**

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# Important Vaccination Information

With the kids going back to school and flu season right around the corner, we wanted to remind you that we offer many vaccinations right here at the pharmacy, no appointment needed. Some insurances may cover all or part of vaccines or administration fees. Medicare A & B will cover Pneumonia and Flu. Most Medicare D will cover a good share of Zostavax. Check with your insurance for coverage. This list reflects cash pricing:

**Quadrivalent Flu Vaccine \$28.00** *Recommended for everyone.*

**High Dose Flu Vaccine \$65.00** *Recommended for those 65 and older.*

**Hepatitis A (Havrix) \$63.00** *Recommended for travelers to certain countries.*

**Hepatitis B (Engerix) \$95.00** *Recommended for people who are sexually active but not in a monogamous relationship; people who share needles, syringes, etc.; and people who have close contact with someone infected.*

**Pneumovax 23 \$105.00** *CDC recommends both this vaccine and Prevnar 13 (at least a year apart) for more complete coverage for pneumonia.*

**Prevnar 13 \$195.00** *CDC recommends both this vaccine and Pneumovax 23 (at least a year apart) for more complete coverage pneumonia.*

**Tdap (Adacel) \$69.00** *Protection from three serious diseases: tetanus, diphtheria, & pertussis (whooping cough).*

**Zostavax (Shingles) \$240.00** *Recommended for people 60 years old and older.*

*You can get your any of these vaccinations from any of the trained pharmacists at Myers Drug during business hours without an appointment.*

**OWN A BUSINESS?** If you happen to own a business and would like to have your employees receive the flu vaccination (which can help reduce the number of sick days used), please give us a call. We are able to come to your business to administer the vaccinations, or we can provide vouchers that your employees can use at the pharmacy. For more information, call 325-655-3146.

## Support for Stressful Times

Let's face it, life is stressful! Stress is a daily reality and contributes to a decrease in energy, increase in fatigue, difficulty in sleeping, a lack of focus, emotional distress, and much more. While you can't eliminate all stressors, there are ways to better equip your body to handle what stress causes.

Some lifestyle changes you can make to help deal with stress include following a balanced diet, incorporating exercise into your routine, and carving time out to relax each day. These behaviors may offer some relief, but Natural Creation's Adrenal Complex can help you be even more prepared.

Adrenal Complex (60 capsules, \$21.99) is a dietary supplement to help reduce fatigue and boost energy levels. Gaba Complex (90 capsules, \$44.49) is great for helping turn off your stressors so you can sleep better at night.



## Essential Oils TIPS & TRICKS

### Eucalyptus Oil

Eucalyptus Globulus is a eucalyptus oil from the large, aromatic eucalyptus trees of the Myrtaceae family. The tree's leaves are steam distilled to produce the earthy, fresh oil that is popular in personal care products and spa treatments.

Eucalyptus Globulus is known for its cleansing properties and stimulating scent, and like other eucalyptus oil uses, it is often applied topically or diffused aromatically. In fact, Eucalyptus Globulus essential oil can be found in Young Living's Breathe Again Roll-On and R.C. essential oil blend. When diffused, Eucalyptus Globulus also gives rooms and offices a refreshing atmosphere that's perfect for spaces where you study, meditate, or exercise.





# THE BEST MEDICINE

I went to my Doctor and he suggested I do some exercises. Here is my new regiment:

jump to conclusions, climb the walls, drag my heels, push my luck, make mountains out of molehills, bend over backwards, run in circles, and put my foot in my mouth.

*“Knowledge helps only when it descends into habits.”*

- Jerome Bruner

# Proverbs to Live By

## Work When You Can

*Proverbs 14:23 – All hard work brings a profit, but mere talk leads only to poverty.*

Working is a normal part of life. Instead of talking about what you would like to do, find some work to do and do it. The Apostle Paul gives us one good reason why we should work.

*Ephesians 4:28 – He who has been stealing must steal no longer, but must work, doing something useful with his own hands, that he may have something to share with those in need.*



**Did you know we can deliver your medications to your home or office?**

**Did you know that if you get four or more medications we will deliver them for free?**

**Give us a call for more information!**



Enjoy Myers Drug Delivery

# PRIDE SCOOTERS



**Pride Scooters have a compact design allowing for maneuverability in tight spaces while providing stable outdoor performance.**

3 wheeler \$1,099.99 +tax  
(free delivery within 30 miles)

4 wheeler \$1,285.99 +tax  
(free delivery within 30 miles)



Leaves are falling and autumn is  
calling you to Myers Drug!  
Come see our fall décor.

# 20% OFF

**ONE REGULARLY PRICED  
NUTRITIONAL SUPPLEMENT**

One coupon per customer. In store only.  
Good through October 31, 2017.

