



Doug Chadwick

Myers Drug Pharmacy has PCAB Accreditation



As you may know, Myers Drug runs a state-of-the-art compounding lab. In this lab, we are able to create medicines in unique strengths and forms suited to your individual needs. We believe that offering compounded solutions to our community is a great service. Medications should not be a “one-size-fits-all” solution. However, we wanted to ensure that you are getting the best medication possible, even when it’s compounded in our lab.

It is for this reason that we are excited to announce that Myers Drug has achieved PCAB accreditation, a service of ACHC, for the services of creating customized compounded medications. This accreditation is awarded in recognition of our commitment to meeting and/or exceeding national quality standards.

Compounding medications is an integral part of the practice of pharmacy and the demand for these customized medications increases every year. Being able to create custom medications in our compounding lab enables us to provide a higher level of care to our community. While many pharmacies will claim that they “compound,” we are committed to compounding the right way! This accreditation recognizes and affirms that commitment.

What does PCAB accreditation mean?

Achieving accreditation is a process in which we had to demonstrate compliance with national standards. PCAB accreditation reflects a pharmacy’s dedication and commitment to meeting standards that facilitate a higher level of performance and patient care. ***By achieving PCAB accreditation, our prescribers and customers can be assured that our organization follows industry best practices and is in compliance with the industry’s most stringent national standards.***

Today, with the presence of modern technologies and innovative techniques, pharmacy compounding has experienced a resurgence. Through its unique membership in the Pharmacy Compounding Centers of America (PCCA) and its PCAB accreditation, Myers Drug is bringing these modern technologies and techniques to the local community.

How, exactly, can compounding benefit you?

Many patients are allergic to preservatives or dyes or are sensitive to standard drug strengths. With physician consent, we can change the strength of a medication, alter its form to make it easier for you to ingest, or add a flavor to make it more palatable. We can also prepare unique delivery systems such as a

lozenge, lollipops, or a transdermal gel (which simply means it enters the body through the skin). For patients having difficulty swallowing pills, a compounding pharmacy can make a suspension (liquid) instead. In essence, *a compounding pharmacist can work with you and your physician to make the medication specific to your unique needs. No more one-size-fits-all limitations!*

What kinds of prescriptions can be compounded?

Almost any kind. Compounded prescriptions are ideal for any patient requiring unique dosages and/or delivery devices, which can take the form of solutions, suppositories, sprays, oral rinses or those already mentioned. Common compounding applications include...

- Pediatric
- Dental
- Hospice
- Dermatology
- Podiatry
- Veterinary
- Gastroenterology
- Chronic pain management
- Bio-identical hormone replacement



So, the next time your doctor is having a hard time finding a traditional medication solution that works for you, ask him or her to consider customizing the dosage or delivery system by writing a compounded prescription. If they need help, they can give us a call anytime.

And be sure to take all your compounded prescriptions to a PCAB accredited pharmacy to ensure you get the best medication possible.

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A Closer Look: Digestive Enzymes



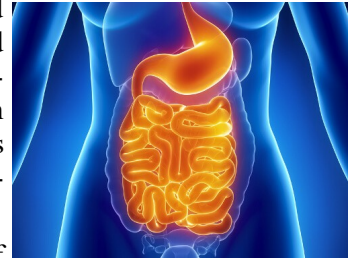
Sharon Conley

Digestive enzymes, as their name implies, help you break down food into smaller parts that can be absorbed, transported, and utilized by every cell in your body. Digestive enzymes are extra-cellular—meaning, they are found outside your cells. Your pancreas produces most of these digestive enzymes. Fortunately, you get (or should be getting) many enzymes from the foods you consume—particularly, raw foods. These directly help with your digestive process. The more raw foods you eat, the lower the burden on your body to produce the enzymes it needs, not only for digestion, but for practically everything. Whatever enzymes are not used in digestion are then available to help with other important physiological processes.

There are eight primary digestive enzymes, each designed to help break down different types of food:

1. Protease: Digesting protein
2. Amylase: Digesting carbohydrates
3. Lipase: Digesting fats
4. Cellulase: Breaking down fiber
5. Maltase: Converting complex sugars from grains into glucose
6. Lactase: Digesting milk sugar (lactose) in dairy products
7. Phytase: Helps with overall digestion, especially in producing the B vitamins
8. Sucrase: Digesting most sugars

Insufficient enzyme production is at the root of much “tummy trouble” in our country. Digestive problems cost Americans \$50 billion each year in both direct costs and absence from work. It is a sad fact that 90% of the food Americans buy is processed food. Diets heavy in cooked, processed, and sugary foods, combined with overuse of pharmaceutical drugs such as antibiotics, deplete your body’s ability to make enzymes. Heating your food above 116 degrees F renders most enzymes inactive. This is one reason it’s so important to eat your foods raw. Raw foods are enzyme-rich, and consuming them decreases your body’s burden to produce its own enzymes. Ideally, you should get 75% of your digestive enzymes from your food.



Enzyme deficiency results in poor digestion and poor nutrient absorption. This creates a variety of gastrointestinal symptoms, including constipation, bloating, cramping, flatulence and belching, and heartburn and acid reflux. Chronic malabsorption can lead to a variety of illnesses. Think about it—if your body doesn’t have the basic nutritional building blocks it needs, your health and ability to recover from illness will be compromised. Besides breaking down food, enzymes can help with gut healing, controlling pathogens, and immune support. Your immune system begins in your gut—and if you have enzyme and digestive issues, chances are your immune system isn’t functioning as well as it should be.

If you suffer from occasional bloating, minor abdominal discomfort, and occasional constipation and suspect your enzyme production is low, you might want to consider a digestive enzyme supplement in addition to eating more of your foods raw. Digestive enzymes should be taken WITH a meal. We like the line created by Advance Naturals: DigestMax (90 caps \$29.99), DigestMax Ultra (45 caps \$29.99), and ZymeMax (90 caps \$26.90). If you need help deciding which one is right for you, please stop in and talk to any of our knowledgeable staff.

Proverbs to Live By

Do Not Gossip

Proverbs 16:28 – A perverse man stirs up dissension, and a gossip separates close friends.

Proverbs 11:13 – A gossip betrays a confidence, but a trustworthy man keeps a secret.

Proverbs 26:20 – Without wood a fire goes out; without gossip a quarrel dies down.

Gossip is destructive. Gossip causes pain and dissension. Gossip keeps trouble brewing.

Here is good advice to follow:

Proverbs 20:19 – A gossip betrays a confidence; so avoid a man who talks too much.



THE BEST MEDICINE

Q. What’s the difference between a Zippo and a hippo?

A. One is heavy and the other is a little lighter.

No one knew she had a dental implant until it came out in conversation...

“We are at our very best, and we are happiest, when we are fully engaged in work we enjoy on the journey toward the goal we’ve established for ourselves. It gives meaning to our time off and comfort to our sleep. It makes everything else in life so wonderful, so worthwhile.”

- Earl Nightingale



Blanket Scarves

Get the must-have scarf of the season! These ultra-soft, over-sized blanket scarves can be worn in many different ways.

The perfect gift for your mom, a friend, and yourself!

Choose from a selection of colors, designs, and sizes.

FEATURED COMPOUND



Eczema, Psoriasis, & Xerosis

More than 24.8 million Americans live with moderate to severe eczema and psoriasis. If you are one of these people, Myers Drug Pharmacy, as a member of the Professional Compounding Centers of America (PCCA), can offer you a new compounding base created specifically for eczema, psoriasis, and xerosis (dry skin) called XemaTop.

XemaTop uses the power and synergy of natural boswellic acid, avenanthramides from oats, phosphatidylglycerol, and elegant film formers to deliver and improve the action of common active pharmaceutical ingredients (APIs) used in formulations for eczema, psoriasis, and xerosis.

XemaTop quickly nourishes and replenishes the lamellar bilayers of the skin and helps restore health into the skin's barrier to reduce the appearance of redness and irritation and to prevent water loss.

Benefits of XemaTop base:

- Replenishes the lipids within the skin
- Nourishes the skin's structural integrity
- Improves the appearance of red and irritated skin



If you would like more information, please give us a call or just stop by and ask!



Sharon Conley

Natural Remedy for Colds & Flu

Olive leaf extract is an antioxidant-rich herbal preparation. Researchers determined that olive leaf extract has twice the antioxidant capacity of green tea and 400% the antioxidant capacity of vitamin C. However, this leaf extract has other medicinal benefits. Studies show that olive leaf extract has an antiviral property and can help boost the immune system.

Various studies confirm that olive leaf extract has antibacterial, antifungal, anti-inflammatory, and anti-aging properties. It is used to treat viral infections such as influenza, swine flu, common cold, herpes, and hepatitis B.

Before and during cold and flu season, be sure to stock your medicine cabinet with Olive Leaf Extract. To strengthen your immune system, take one capsule two times daily (morning and evening). If you get the cold or flu, take four to five capsules, four times a day, for the first day as a loading dose. Then take three capsules, three times per day thereafter until symptoms are relieved.



20% OFF

ONE REGULARLY PRICED NUTRITIONAL SUPPLEMENT

One coupon per customer. In store only.
Good through November 30, 2016.

