



Doug Chadwick

## Medicare Open Enrollment

Medicare Open Enrollment runs October 15th through December 7th. This is the time of year when you can change your Medicare coverage.

You can do this by joining a new Medicare Advantage Plan or by joining a new stand-alone prescription drug plan (PDP). You can also switch to Original Medicare with or without a stand-alone Part D plan from a Medicare Advantage Plan during this time.

If you enroll in a plan during Open Enrollment, your coverage starts January 1st. In most cases, Open Enrollment is the only time you can pick a new Medicare Advantage or Medicare Part D plan. If you have Medicare Advantage, you can also switch to Original Medicare. To get Medicare drug coverage, you must join a stand-alone Part D plan at this time.

If you have a Medicare Advantage Plan or a stand-alone Part D plan, you should receive an Annual Notice of Change (ANOC) and/or Evidence of Coverage (EOC) from your plan. Review these notices for any changes in the plan's costs, benefits, and/or rules for the upcoming year. If you are dissat-

isfied with any upcoming changes, you can make changes to your coverage that will take effect January 1st. Even if you are satisfied with your current Medicare coverage, take action and look at other Medicare options in your area that may better suit your individual needs in the upcoming year. Research shows that people with Medicare prescription drug coverage (Part D) could lower their costs by shopping among plans each year; there could be another Part D plan in your area that covers the drugs you take with fewer restrictions and/or lower prices.

While this can all be very confusing, it is important for you to evaluate your coverage choices and compare your plan with new options. We can provide you with a comparison of Medicare Advantage and prescription drug plans based on your specific medications so that you can make an educated choice.

**Please note that starting January 1st Myers Drug will no longer be accepting Humana.** If you would like to schedule a time to review your options, please give us a call today at (325) 655-3146 or just stop by!



## A Closer Look: Flu Shots

Many people avoid getting a protective flu shot each year. This can result in missed work, reduced productivity, increased hospitalizations, and flu complications that may even lead to death. Let's look at some of the excuses we hear and why they should not prevent you from protecting yourself from the flu.

**The flu (influenza) isn't so bad, is it?** Actually it is a very contagious disease that affects the lungs and can progress into pneumonia. It is especially concerning to young children, pregnant women, and older adults as well as people with chronic lung disease such as asthma or COPD, heart disease, or diabetes.

**I had the flu vaccine once and it made me sick!** Since the vaccines on the market today are not live vaccines they cannot make you sick. Some people have side effects of a sore arm, low grade fever, or achiness for a day or two after the shot but these are not symptoms of the flu. If you got a flu shot and really did get the flu there are some valid reasons why, and they are not related to getting the shot. It could be that you got a strain of flu that the vaccine did not protect against, or you may have been exposed to the virus before your body had time to build up an immunity (which takes two weeks after the shot), or you might have just had a virus that was not flu.

**It's too early or late in the season to get my vaccine.** Because the flu season is unpredictable and can begin as early as October, the CDC recommends that you get vaccinated as soon as the vaccine becomes available in your community. We recommend that you get your vaccine any time after September 1<sup>st</sup>.

**At Myers Drug we want to help you stay healthy. All of our pharmacists are licensed to give vaccinations, and you don't need to have an appointment. Just stop in anytime between 9:00am and 6:00pm Monday through Friday or 9:00am through noon on Saturdays.**

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# A Closer Look: Prevagen

There is good news and bad news when it comes to brain health. The good news is that people are living longer than any other time in history. The bad news is you may be seeing an unprecedented number of brain health issues affecting your families and your friends.

Scientists estimate you lose 85,000 brain cells per day; that is one per second, over 31 million brain cells every year! This leads not only to common occurrences like the misplacement of car keys and reading glasses, but difficulty with management of your time and household tasks.

Prevagen is a safe and effective brain health supplement shown to improve memory. Prevagen supports brain function by using the protein apoaequorin to supplement the proteins that are diminished with age.



## SMOOTHIE DAY

*Myers Drug puts the SMOOTH in smoothie!*

Join us October 28th  
10:00am-3:00pm

FREE Samples, Recipes, and More!



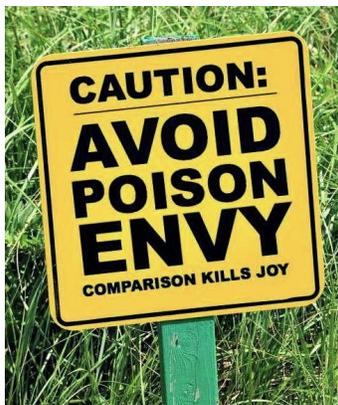
## Proverbs to Live By

### Do Not Envy What Others Have

*Proverbs 14:30 – A heart at peace gives life to the body, but envy rots the bones.*

*Proverbs 3:31 – Do not envy a violent man or choose any of his ways.*

*Proverbs 23:17 – Do not let your heart envy sinners, but always be zealous for the fear of the Lord.*



Envy can lead you to make sinful choices and can cause health problems. Learn to be at peace with your life and be content with what you have.



## THE BEST MEDICINE

**Q.** How did the farmer meet his wife?

**A.** He tractor down!

No matter how much you push the envelope, it will still be stationary.

*If you enjoy reading this free newsletter, please be sure to share it with a friend.*



# gift sale

ardour Velvet Berber Throw 50" x 60"

Reg. \$39.99

Now Only \$19.99



## NOTICE

# MEDICARE PATIENTS

Medicare Open Enrollment begins October 15th and runs through December 7th. **PLEASE NOTE THAT STARTING JANUARY 1, 2017, WE WILL NO LONGER BE ACCEPTING HUMANA.** If you have questions, call 1-800-MEDICARE (800-633-4227).

## FEATURED COMPOUND

### Treatments for Hemorrhoids

At Myers Drug, we look for solutions for you. This month we'll look at some unique formulas we've used for hemorrhoid sufferers. Hemorrhoids are small veins that become enlarged and swollen around the rectum and anus. The rectum is the final or lowest part of the large bowel, and is surrounded by a circle of muscle that stretches and then tightens to force the solid waste products of digestion (feces or bowel movement) down and out through the anus, the small opening through which the solid waste passes out of the body. Veins around the rectum and anus often swell and become inflamed, develop small blood clots, and cause minor bleeding.

The two major types of hemorrhoids are external and internal. External hemorrhoids develop under the skin, just outside the opening of the anus. They may cause pain and itch, especially during a bowel movement, and they are often tender to the touch. Internal hemorrhoids are found further up, inside the rectum and while these hemorrhoids are often not painful, they can be pushed out through the anus (prolapsed). If that happens, they can become quite painful.

In our Compounding Lab, we're able to make a nifedipine/lidocaine gel some area physicians have found useful in treating painful hemorrhoids. In addition to this, a unique suppository mold we refer to as, "The Rectal Rocket" was designed for the hemorrhoid patient so that part of the suppository is inserted into the rectum to treat internal hemorrhoids, while the larger flared end of the suppository remains on the outside to treat external hemorrhoids.

These are just two examples of the many ways we're able to provide unique solutions to your individual healthcare needs. If you would like more information on solutions from our Compounding Center, please stop by or give us a call.





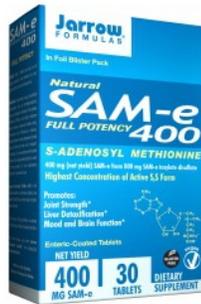
Sharon Conley

# SAM-e

SAM-E is a molecule that is formed naturally in the body. SAM-E is involved in the formation, activation, or breakdown of other chemicals in the body, including hormones, proteins, phospholipids, and certain drugs.

SAM-e is used by mouth for depression, anxiety, heart disease, fibromyalgia, abdominal pain, osteoarthritis, bursitis, tendonitis, dementia, Alzheimer's disease, chronic fatigue syndrome, improving mental performance, liver disease, and Parkinson's disease. It is also used for Attention Deficit-Hyperactivity Disorder (ADHD), multiple sclerosis, seizures, migraine headaches, and lead poisoning to break down a chemical in the body called bilirubin, or to help with disorders related to the buildup of a chemical called porphyrin or its precursors.

If you would like to try SAM-e, we like Jarrow Formulas SAM-e 400. A 30 count bottle is just \$39.99. Take 400mg daily.



# 20% OFF

## ONE REGULARLY PRICED NUTRITIONAL SUPPLEMENT

One coupon per customer. In store only.  
Good through October 31, 2016.



*“It is not what you do for your children, but what you teach them to do for themselves, that will make them successful human beings.”*

**- Ann Landers**