

BE HEALTHY STAY HEALTHY

A monthly guide designed to help improve quality of life.

Heart Health Month



FEB 2021

February is the month of the heart for many reasons. Valentine's Day is February 14th. It is the holiday of love and the emotional heart. February is also designated as heart month by two separate organizations: Heart Health Month by the Heart Foundation and American Heart Month by the American Heart Association. Go Red for Women is the American Heart Association's national movement to end heart disease and stroke in women. All three causes center on the physical heart.

So why is there so much focus on heart disease? The physical heart is one of the most important organs in your body, if your heart stops beating, life will not continue. Many people don't know this, but heart disease continues to be the number one cause of death in the U.S. This accounts for nearly one out of every four deaths in our country.

Having your cholesterol checked is one way of keeping tabs on your heart disease risk. Many patients with high cholesterol will say, "My bad genes are the cause of my high cholesterol, it's in my family." Yes, genes can play a part of your cholesterol level, but the study below shows that even if your genes are not favorable, you can make changes to decrease your risk.

A 2016 study was published in the New England Journal of Medicine entitled "Genetic Risk, Adherence to a Healthy Lifestyle, and Coronary Disease". Here was the conclusion: across the study involving 55,685 participants, genetic and lifestyle factors were independently associated with susceptibility to coronary artery disease. Among participants at high genetic risk, a favorable lifestyle was associated with a nearly 50% lower relative risk of coronary artery disease than was an unfavorable lifestyle.

There you have it, lifestyle modification can lower your risk by nearly 50%. That includes regular exercise, a healthy diet, stress reduction, and good sleep.

Making simple changes can prove big benefits in not just cardiovascular health

but overall health. The promotion of healthy lifestyle behaviors that were listed in the study include not smoking, avoiding obesity, regular physical activity (at least once a week), and a healthy diet pattern. It really does not require a significant change to make a big difference in decreasing the risk.

Diet & Heart Disease

The root cause of heart disease is simply an inflammation in your arteries. Designing a diet that is anti-inflammatory in nature is one of the best ways to reduce your risk. A diet rich in antioxidants and phytonutrients that fight free radical damage is one of the keys to treating the underlying condition, which is oxidative stress.

How do you know what the top antioxidant foods are? Anything loaded with fiber, grown directly from the earth, and brightly colored is a good place to start. If you look at evidence from many people living a traditional diet, saturated fats do not cause coronary heart disease. Food containing saturated fats—such as full-fat dairy, organ meats, beef, eggs, lard, and butter—are actually found in high levels in many of the healthiest, longest-living people that have been studied.

Foods that help reduce inflammation and, therefore, the risk of Coronary Heart Disease include...

- Fiber-rich and antioxidant-rich foods of all kinds
- Vegetables—all kinds—mainly deep green and colorful (avoid potatoes and corn)
- Fruits—especially berries and citrus
- Herbs and spices
- Traditional teas like green tea
- Legumes and beans
- Healthy fats found in nuts, seeds, avocados, wild-caught fish, coconut oil, and extra virgin olive oil
- Raw, unpasteurized dairy products, cage-free eggs, and pasture-raised

poultry

- Red wine in moderation (keep in mind, wine is not a vitamin)

If you choose a specialized diet to follow regarding food, consider the Mediterranean diet. It is one of the best anti-inflammatory diets there is. Foods commonly eaten in the Mediterranean region include fish, vegetables, beans, fruits, and olive oil. These have been shown to lower cholesterol and triglycerides and reduce symptoms of numerous chronic diseases. Following this type of diet that is low in sugar, processed foods, preservatives, vegetable oils, and artificial ingredients can also help you maintain a healthier weight.

Supplements for Heart Health

There are so many supplements claiming to provide heart health benefits, it can be confusing. We recommend the following:

Coenzyme Q10 (CoQ10): This coenzyme is found in every cell of your body. Your cells use it to produce the energy needed for cell growth and maintenance. It also functions as an antioxidant, which protects the body for damage caused by harmful molecules.

Omega-3 Fatty Acids: Omega-3s are found in oil from certain types of fish, vegetables, and plant sources. These fatty acids are not made in the body and must be consumed in the diet or through supplements.

We offer a great product from Ocean Blue: Omega-3 2100 with CoQ10. This complete heart formula blends high concentration omega-3s with 150mg of CoQ10 to provide a powerful combination to support a healthy cardiovascular system, to provide antioxidant support, and for the production of energy needed by your cells. A 30 day supply is less than \$1.50 per day.



“One is never afraid of the unknown; one is afraid of the known coming to an end.”

– Jiddu Krishnamurti

The Best Medicine

People are usually shocked when they find out I am not a good electrician.

Electricians are always watching the news. They like to keep up with current events.

A wife comes downstairs before a dinner date with her husband.

“Do I look fat in this dress?” the wife asks.

The husband replies, “Do I look dumb in this shirt?”

COVID-19 Update

It wouldn't be right to publish a health-focused newsletter in this day and age without an article related to COVID-19. However, it seems a bit pointless to write an article on COVID-19 knowing that by the time the newsletter is printed and distributed, the information in the article will possibly be outdated. With that in mind, for the most up-to-date information on COVID-19 and the vaccine, please follow us on Facebook or check for updates on our website: www.NorlandRx.com.

As of the writing of this newsletter, Pennsylvania is in Phase 1A for the distribution of the COVID-19 vaccine. Phase 1A includes long-term care facility residents, health care personnel, persons not directly involved in patient care but potentially exposed to infectious material that can transmit disease among or from health care personnel and patients, persons ages 65 and older, persons ages 16-64 with high-risk conditions (cancer; chronic kidney disease; COPD; Down Syndrome; heart conditions such as heart failure, coronary artery disease, or cardiomyopathies; immunocompromised state/weakened immune system from solid organ transplant or from blood or bone marrow transplant, immune deficiencies, HIV, use of corticosteroids, or use of other immune weakening medicines; obesity or BMI of 30 or higher; pregnancy; sickle cell disease; smokers; and Type 2 diabetes mellitus).

As of the writing of this newsletter, Norland Avenue Pharmacy does not have vaccine in stock. We are hopeful that we will have it in stock by the time this newsletter is distributed; however, the PA Department of Health has not provided a specific timeframe of when independent pharmacies will receive the vaccine. We do have a notification list at the pharmacy for patients who are interested in receiving the vaccine. If you would like to be added to this list to be notified when we get the vaccine in stock, please call 717-217-6790 or email inquiry@NorlandRx.com and provide your name and phone number.

When we receive the vaccine, we will notify the patients on the list, tell them what Phase Pennsylvania is in, and explain who is eligible in that phase. Anyone who is eligible will then be able to go to our website to schedule an appointment. Unfortunately, due to the extreme demand for this vaccine, we will not be able to schedule appointments over the phone. If you do not have access to the internet, you will need to either find a friend or family member who can help you schedule or come into the pharmacy and we will help you schedule in person. Again, DO NOT call the pharmacy for an appointment. Your second dose will automatically be scheduled for the same day and time, four weeks later (i.e. if you get your first dose on Tuesday at 10am, your second dose will be on Tuesday at 10am four weeks later).

When you come to the pharmacy for your scheduled appointment, our pharmacists will give you the first dose of the vaccine. You will then be directed to our socially distanced waiting area where you will be monitored for any adverse reactions to the vaccine. Plan to be at the store for at least 15 minutes after your vaccination.

We are excited that the vaccine is available and are ready to serve our community by distributing as many vaccines as we can get our hands on. Unfortunately, it might take longer than we would like to get the quantity of vaccines in that we need to meet the demand. Rest assured that anyone who wants to be vaccinated, will be vaccinated.

2 It may just take several months in order to get there. Thanks for your patience and understanding as we work to distribute the vaccine as quickly as possible.

Biblical Health Tip

Honor Your Parents

The Bible gives us some very clear instructions on how to enjoy a long life on earth.

The prescription:

Ephesians 6:2-3 – Honor your father and mother—which is the first commandment with a promise—that it may go well with you and that you may enjoy long life on the earth.

The word honor implies things such as reverence, kindness, respect, and—if necessary—relief and maintenance.

The Bible contains both spiritual and temporal promises. The temporal promises “that things would go well for you” and “that you would enjoy a long life” belong to those who honor their parents.



Featured Non-Profit

A portion of our sales for the month of February will be donated to...

Biblical Education Center

The BEC is a free Christian lending library located at 1542 Buchanan Trail East in Shady Grove. Open to the public from 9am-9pm every day. For more information, call (717) 597-0057.

Meet the Team: Skyla Vorhes

Skyla joined the pharmacy team in January of 2014. You will most often find her serving patients at the registers or drive-thru. In the past, Skyla has led a seminar series called *Be Healthy, Stay Healthy*, designed to help patients on their healthy eating and weight loss journey. Skyla brings her enthusiastic energy to work each day and is always eager to learn new things. She enjoys serving our patients and strives to be a smiling face to each guest!



DIY Essential Oils Playdough Recipe



1 cup flour

1 cup distilled water (add coloring if desired)

1/2 cup salt

1 tablespoon olive oil

1 tablespoon cream of tartar

4 drops of essential oils

Directions

To make the playdough combine distilled water, food coloring (if desired), and olive oil in a pan. Stir in salt and cream of tartar and heat until they are dissolved. Let cool then add essential oils of your choice. Stir in flour until mostly blended. Use your hands to work the dough until it is the soft and can form a ball. Add a little more flour if it's still sticky. Store in an air tight container or Ziploc bag.

Essential Oil Suggestions

For Evening Play: Plant Therapy's Calming the Child or Sweet Slumber would be two great options for evening. Suggested use for ages two years and older.

For Daytime Play: With the added benefit of stress reduction and calming try two drops each of orange and marjoram. Suggested use for ages one year and older.

For Morning Play: For alertness add two drops each of lemon and grapefruit. Suggested use for ages one year and older.

Compounded Solutions for Cold Sores

Cold sores are red, fluid-filled blisters that form near the mouth and are caused by a common virus called herpes simplex. Not to be confused with canker sores that occur inside the mouth and are not contagious, cold sores are highly contagious and are usually clumped together in patches. Be sure to avoid kissing or sharing toothbrushes, food, lipsticks, etc., during the course of an outbreak. An outbreak can last two weeks or longer.

Once you get the herpes simplex virus, it can't be cured, but it can be managed. Once the sores have healed, the virus remains dormant in your body. This means that new sores can appear at any time when the virus reactivates. Some people with the virus report more frequent outbreaks when their immune systems are weak, such as during illness or times of stress.

Before a cold sore appears, you may feel a tingling or burning sensation. This is the best time to start treatment. Acyclovir is an antiviral active pharmaceutical ingredient (API) often used in patients with cold sores. With compounded solutions, you can combine multiple APIs and tailor the dose directly to your unique needs.



In our state-of-the-art compounding lab, we create several options including...

- **Acyclovir 2%/Deoxy-D-Glucose (2) 0.2% Lip Balm**
- **Acyclovir 10% Flavored Lip Ointment**
- **Acyclovir 5%/Lidocaine 1% Lip Balm**

When your physician writes a prescription for a compounded medication, be sure to know what to look for when choosing a compounding pharmacy to make your medication. Finding a lab that has achieved Accreditation from the Pharmacy Compounding Accreditation Board (PCAB) allows you to rest assured that the pharmacy has met or exceeded industry standards for quality, training, testing, and more.

If you have any questions or concerns about our PCAB Accredited compounding lab or solutions, please give us a call or stop by.



20% OFF ALL SOCKS & SLIPPERS

FEBRUARY 1-13

20% OFF NORDIC NATURALS 

- Ultimate Omega 180ct (reg \$69.95) **sale \$55.96**
- Ultimate Omega 120ct (reg \$49.95) **sale \$39.96**
- Ultimate Omega +CoQ10 60ct (reg \$38.95) **sale \$31.16**
- Algae Omega 60ct (reg \$29.95) **sale \$23.96**
- CoQ10 Gummies 60ct (reg \$24.95) **sale \$19.96**
- Omega LDL 60ct (reg \$29.95) **sale \$23.96**
- Vitamin D3 Gummies 60ct (reg \$13.45) **sale \$10.76**

Heart health sale runs February 15th-27th.

Mark Your Calendar

Feb 1-13 20% Off All Socks & Slippers
Feb 15-27 Nordic Naturals Heart Health Sale: 20% Off

Please follow us on Facebook or visit our website for updates on the COVID-19 vaccine.

Norland Avenue Pharmacy LLC

Located in the WellSpan Health Campus, Building 2
 12 St. Paul Drive, Suite 105 ♦ Chambersburg, PA 17201
 Phone: (717) 217-6790 ♦ Fax: (717) 660-0631
www.NorlandRx.com

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In This Issue:

Heart Health Month.....	Pg 1
COVID-19 Update.....	Pg 2
DIY Essential Oils Playdough Recipe.....	Pg 3
Compounded Solutions for Cold Sores	Pg 3

- Colossians 4:5

“Be wise in the way you act toward outsiders; make the most of every opportunity.”



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 Suite 105
 Chambersburg, PA 17201



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