



# Be Healthy, Stay Healthy.

September 2019

12 St Paul Drive, Ste 105 ♦ Chambersburg, PA 17201 ♦ (717) 217-6790 ♦ [www.NorlandRx.com](http://www.NorlandRx.com)

## Should You Get Vaccinated at the Pharmacy?

Many people put off getting recommended vaccines because they don't want to take the time to schedule a doctor's appointment or pay the copay. There is good news. The next time you stop by the pharmacy to pick up a prescription or vitamins, you can update your vaccinations at the same time.



Our pharmacists are trained in immunization technique and are well versed in how to administer shots. In fact, today more patients are receiving their vaccinations from pharmacists than from other healthcare providers. At Norland Avenue Pharmacy, we will administer vaccinations to patients 18 years of age and older, and we offer more than just the flu shot! We can administer many immunizations recommended by the Centers for Disease Control and Prevention (CDC) including vaccines against pneumonia, shingles, Tdap (tetanus, diphtheria, and pertussis), and hepatitis.

If you have been coming to Norland Avenue Pharmacy for any amount of time, you know we offer a free Norland Rewards program. As an added bonus, your vaccinations will count toward your rewards, and you even get special pricing on flu shots as a member! Sign-up for free the next time you visit the store.

It's easy to remember as September rolls around that it's time to get a flu shot. The CDC recommends them for everyone as the best way to help keep the flu from spreading. Do it to protect yourself, but do it also to protect those around you. However, you may not remember what other vaccinations you need. It is a good idea to check with your physician, or we can tell you what is recommended for you based on age and medical history.

The following tips can help getting your vaccinations at the pharmacy to go smoothly.

**Consider making an appointment.** It is not required, but it's a good idea if you need several vaccinations or want to avoid a wait. If you drop in, choose a less busy time—not Monday or Friday afternoon. You'll need to sign a consent form, which includes questions about your medical history and authorizes the release of information to your healthcare provider and insurers.

**Don't leave right away.** A needle stick can leave some people light-headed and, on rare occasions, can trigger allergic reactions. Wait for a few minutes to make sure you feel fine, and let the pharmacist know right away if you feel dizzy, nauseous, have trouble breathing, or experience any other symptoms.

**Ask about side effects.** Redness and soreness at the injection site are normal. Ask if there are any other common side effects you should be aware of, such as fever.

**Update your records.** We will be happy to forward the information to your primary care doctor, but be sure you update your records at home as well.

Just like your doctor's office, we will file with your insurance to see what they will cover. Many vaccinations won't cost you anything if you have a private insurance plan through your employer or that you purchased on a state marketplace. Under the Affordable Care Act, private plans are required to fully cover the cost of recommended vaccinations for adults as preventative medical care.



Unfortunately, Medicare doesn't do as good of a job at covering recommended immunizations. Only flu, pneumonia, and hepatitis B vaccines are fully covered under Medicare Part B. Other vaccinations are treated like prescription drugs and are covered under Medicare Part D or Advantage plans. That means you'll be responsible for paying co-pays and deductibles required by your prescription drug plan.

**It is our pleasure to serve you and your vaccination needs. If you have any questions about what we have to offer, please give us a call or stop by.**

## NON-PROFIT SPOTLIGHT

A portion of our sales for the month of September will be donated to Habitat for Humanity. For more information visit [habitatfranklinpa.org](http://habitatfranklinpa.org).



### BIBLICAL KEYS TO PHYSICAL, EMOTIONAL, & SPIRITUAL HEALTH

#### YOU CAN TRUST GOD'S LOVE

As people we often fail to love as we should and sometimes even stop loving, but God's love is eternal.

Romans 8:38-39 - *For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.*

## THE BEST MEDICINE



Doctors at a hospital in Brooklyn, New York, have gone on strike!

Hospital officials say they will find out what the doctors' demands are as soon as they can get a pharmacist over there to read the picket signs.

***"Today, more than 95% of all chronic disease is caused by food choice, toxic food ingredients, nutritional deficiencies, and lack of physical exercise."***

**- Mike Adams**

## Compounded Thyroid for Your Specific Needs

If you have thyroid problems, neglecting to take medication can have a variety of negative effects on your body. The effects of a lack of treatment for the thyroid are serious and can lead to other conditions in the long run. Although the consequences of discontinuing your thyroid medication can sometimes be subtle at first, the gravity of stopping will be apparent in a short period of time.

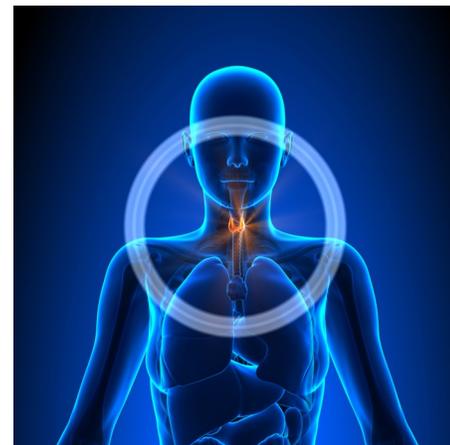
Blood pressure irregularities become more pronounced, and elevated cholesterol levels may also be a problem. Low body temperature, fatigue, memory loss, fluctuating weight, and depression are also frequent problems for those who stop taking thyroid medicine. A few signs the body is going into shock after the discontinuation of medications for the thyroid include hair loss, irregular menstrual cycle, lack of sex drive, weight gain, and infertility.

Swelling of the hands, feet, and face can also be a symptom, due to the body retaining lots of water. In more serious cases, the goiter size will slowly begin to increase due to the thyroid nodules starting to grow. Ultimately, when you are depriving your body of thyroid hormones for long periods of time, you are putting your body at risk for a plethora of conditions that can potentially be fatal. Thyroid cancer is also one of the few cancers that when not treated properly, even after being cancer-free, can come back.

Whether you have Grave's disease (a form of hyperthyroidism), thyroiditis, or toxic nodules, we can compound thyroid medicines and thyroid hormones to meet your exact needs. The dosage levels vary on your individual needs and can be determined through regular check-ups with your doctor. Taking such medication erratically can lead to many short and long-term consequences. This is why it is vital to incorporate thyroid treatment into your daily routine once you figure out the necessary dosage.

Hypothyroidism is a common endocrine issue that is due to the inability to produce adequate thyroid levels. Symptoms of hypothyroidism include: fatigue, hypotension, fluid retention, constipation, headaches, low sexual desire, irregular menstrual periods, aching muscles and joints, depression, anxiety, slowed metabolism, enlarged tongue, swollen neck, weight gain, hypoglycemia, and high cholesterol and triglycerides. There are commercially available forms of Thyroids (T4/T3); however, some patients' symptoms may not be well controlled with the commercial forms and need a specific strength or combination compounded.

At Norland Avenue Pharmacy we can compound the thyroid preparation to your specific needs. Some of the advantages of compounded thyroid are the use of desiccated porcine thyroid, pure liothyronine (T3), and levothyroxine (T4); thyroid can be compounded to a specific strength or ratio; sustained-release capsules are available; and we can compound with hypoallergenic excipients such as cellulose or acidophilus. If you have questions or would like more information, please stop by or give us a call.



# Essential Oils

## BE PREPARED FOR BACK TO SCHOOL

Help your kids be back to school ready with these four pre-diluted, ready to apply essential oil roller blends!

**A+ Attention** can help your child stay focused and on task. The essential oils found in this synergy are calming and balancing to the mind.

**Calming the Child** is a natural, safe way to ease in to sleep or simply slow down a busy brain.

**Happy Place** was formulated for both children and adults. Occasional anxiety is a common experience for many. This blend can help encourage some much needed feelings of calmness and tranquility.

**Germ Destroyer** helps protect you and your children from seasonal threats or it can help with quicker recovery during times of illness.



## Don't Wait Until it's Too Late

Each day, your immune system is susceptible to external factors like bacteria, viruses, environmental toxins, and stress. As summer ends, you may spend less time outdoors and more time in contact with these factors. Don't wait until it's too late. Give your immune system some extra support to keep from getting sick in the first place.

We recommend **Immune System Support** from our Healthy Living Solutions line. It has many great ingredients that will help strengthen your immune system:

**Vitamin A:** known as an anti-inflammation vitamin because of its critical role in enhancing immune function. Also plays a regulatory role in cellular immune response.

**Vitamin C:** essential for the growth and repair of tissues all over the body. As an antioxidant, vitamin C fights free radicals which may help prevent or delay certain cancers and heart disease and promote healthy aging.

**Echinacea:** studies reveal that echinacea reduces a person's chances of getting a cold by about 58% and could reduce cold duration by one and a half days.

**Astragalus:** which contains saponins to help boost the immune system, flavonoids which have antioxidant properties, and polysaccharides which are known to produce antimicrobial, antiviral, and anti-inflammatory effects. Astragalus is also an adaptogen, so it helps your body respond to stress.

Immune System Support (82¢ per day) also includes golden-seal and mushroom powder for added support. Stop by and get yours today!

# Emotional Intelligence Café - Anxiety

When it comes to being healthy and staying healthy, you can not lose sight of the bigger picture. Mental and spiritual health are as important as physical health and should not be overlooked. As such, we have asked Michaelle Plotner to come in and run this EQ Café on anxiety. Join this interactive, powerful EQ Café to practice emotional intelligence (EQ) together and explore answers to important questions about anxiety. In this fun and engaging café you will discover...

- What anxiety is and isn't
- Current data about anxiety—the causes and effects
- How emotions and emotional intelligence can help you work with this challenging feeling



**Date:** Tuesday, September 24th  
**Time:** 6:30-8:00pm  
**Location:** Summit Health Center, Building 2  
**Facilitator:** Michaelle Plotner, Educator & EQ Certified Assessor  
**RSVP:** Reserve your spot for this free event by visiting <http://bit.ly/2YZ6N3H>

*If you have any questions, please call Michaelle at 717-816-3668 or email [liveyourbestdays@gmail.com](mailto:liveyourbestdays@gmail.com).*



**HARVEST SALE!**  
**25% OFF**  
**ALL REGULARLY PRICED VITAMINS, SUPPLEMENTS, ESSENTIAL OILS, FALL DÉCOR**  
 SEPTEMBER 16th-30th

**In Case You Missed It**

Encore presentations of our **FREE CBD SEMINAR:**  
**Thursday, September 19th, 6:00pm ♦ RSVP: 717-532-4508**  
 Coy Public Library, 73 West King Street, Shippensburg  
**Tuesday, October 15th, 2:30pm ♦ RSVP: www.SNAPN.org**  
 Grove Family Library, 101 Ragged Edge Rd S, Chambersburg

## Upcoming Events

Sept 2: **Closed for Labor Day**  
 Sept 3-14: **20% Off Melissa & Doug**  
 Sept 16-30: **Harvest Sale**  
 Sept 19: **FREE CBD Seminar**  
 Sept 24: **Emotional Intelligence Café (see page 3)**

**Seating is limited for seminars, please be sure to reserve your spot.**

*“Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.” - 1 Thessalonians 5:16*

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September 3rd-14th  
 TAKE BACK CHILDHOOD!



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