

# BE HEALTHY STAY HEALTHY

A monthly guide designed to help improve quality of life.

## Spring has Sprung!



MAY 2021

Temperatures have risen. It's time to get outside and enjoy God's creation. It's also a great time to remind you that there are hidden dangers lurking outdoors. Keep your family safe from ticks and poison ivy with these helpful tips.

Lyme Disease is a real threat in Pennsylvania. Minimize ticks in your yard to protect your family with these simple ideas.



Spring cleaning efforts usually tend to stay on the inside of the house, but spreading those efforts to your yard will help reduce the tick population for the upcoming seasons. Once the last of the snow is gone, it is best to start tackling the yard work right away!

Ticks prefer damp, dark areas to live and hide in. You can reduce the population of these pests by removing any brush and leaf debris that may have collected over the winter. Make sure overgrown areas are cut back and cleared. Trim back overhanging trees to increase sun exposure.

Treat all the areas on and around your property, even paths and walkways. While deer ticks often stay in the brush perimeter of the property, other types of ticks may venture out further into the yard.

Wildlife such as deer, rabbits, and raccoons carry ticks onto your property. Deterring these critters from coming close to the home in search of food will help in tick prevention. Protect your plants with a repellent or fencing to keep wildlife from having a food source.

Rodents are one of the main carriers of *Borrelia burgdorferi*, the bacterium that causes Lyme disease. Ticks often pass the bacterium on to us after picking it up from rodent hosts, especially the white-footed mouse. Placing permethrin treated tick tubes around your yard helps decrease ticks feeding on mice,

which then decreases opportunities for the spread of Lyme disease and other tick-borne illnesses.

Place children's swing sets and slides in sunny areas. For an added measure of protection, keep kids' play areas at least ten feet away from shady, wooded environments.

Protect yourself, loved ones, and pets from ticks. The Tick Research Lab of Pennsylvania is continuing to offer Free Basic Panel Tick Testing for PA residents through funds received from the PA Department of Health. If you find a tick attached, don't panic. Submit your tick to the lab for testing at this site: [www.ticklab.org/test-my-tick](http://www.ticklab.org/test-my-tick)

Another hidden danger lurking outdoors is poison ivy. In one study, 10% of all occupational injuries among seasonal farm workers in PA and NY were due to poison ivy contact.

Poison ivy is typically a hairy, ropelike vine, with three shiny green (or red in the fall) leaves budding from one small stem. Two phrases to keep in mind, "Leaves of three, let them be!" and "Hairy vine, no friend of mine!"



Here's what makes poison ivy a danger. Urushiol, which is an oleoresin (lacquer), oozes from the broken leaf and stems. It can be transmitted to the patient by contact with the plant, or pets, tools, gloves, shoes, and clothing for months. Washing clothes in regular laundry detergent will decontaminate fabrics. Poison Ivy should never be burned as it vaporizes the oil, causing lung damage.

The characteristic wheals and blisters of poison ivy contain serum and not the urushiol. Poison ivy and other poison plant rashes can't be spread from person

to

person.

It is possible to pick up the rash from plant oil that may have stuck to clothing, pets, garden tools, and other items that have come in contact with these plants.

If you are exposed to a poisonous plant, take the following steps:

- Immediately rinse the skin with rubbing alcohol, poison plant wash, degreasing soap (such as dishwashing soap), or detergent and a lot of water.
- Rinse frequently so that wash solutions do not dry on the skin and further spread the urushiol.
- Scrub under nails with a brush.
- Wash exposed clothing separately in hot water with detergent.
- After use, clean tools with rubbing alcohol or soap and a lot of water. Urushiol can remain active on the surface of objects for up to five years. Wear disposable gloves during this process.

If you or a loved one does come in contact with poison ivy, you should see a doctor when over 25% of the body surface is contaminated; if there is any sign of infection; if the rash is on the hands, face, mouth, eyes, or genitals; and if the patient has a history of severe reactions.

Topical prescription corticosteroids are most effective in early stages before the blisters form. They will help with itching and promote drying of the lesions. Oatmeal baths might be soothing but are not of much value. We recommend Burows solution (aluminum acetate). Dissolve one packet in one pint of water and apply as a wet dressing for fifteen to thirty minutes, three to six times daily. This will greatly relieve itching.

Get out and enjoy the beautiful world God has created. Just be safe, and let us know if we can help in any way.

*To your health!*

**“Family is a life jacket in the stormy sea of life.”**

**– J. K. Rowling**

## The Best Medicine

It was my first night caring for an elderly patient. When he grew sleepy, I wheeled his chair as close to the bed as possible and, using the techniques I had learned in school, grasped him in a bear hug to lift him onto the bed. But I didn't clear the top of the mattress. So I grabbed him again, summoned all my might, and hoisted him onto the bed.

When the next nurse arrived, I recounted what had happened. “Funny,” she said looking puzzled. “Usually I just ask him to get into bed and he does.”

## COVID-19 Vaccination Update

We are happy to report that our COVID vaccination program is still going strong. To date, we have administered almost 10,000 vaccinations. And, we continue to get regular shipments of COVID vaccine in stock.

Appointments are currently available to anyone 16 years of age and older. You can schedule your appointment on our website, [www.NorlandRx.com](http://www.NorlandRx.com). If you don't have access to the internet, please visit us at the store to schedule your appointment. Keep in mind that your second dose appointment will automatically be scheduled when you are booking your first dose appointment. Be sure that you are able to make both appointments when picking your date and time.

If you have any questions about the vaccine, please don't hesitate to give us a call. We would love to help in any way we can.

## Treatment Options for Vaginal Atrophy

As women enter the menopausal age, hormones start declining, and without therapy, symptoms of menopause become worse. With this hormone loss, the vaginal epithelium becomes atrophic and physiological lubrication is reduced. This can lead to physical discomforts, such as vaginal dryness, irritation, itching, burning, dyspareunia, all of which can lead to decreased libido, causing sexual distress both to the patient and her partner.

When traditional treatment options fail, our compounding lab can help. Treatment goals for vaginal atrophy include alleviating symptoms, reversing or minimizing the physiologic changes, and improving quality of life for the patient. Many prescribers are turning to intravaginal therapy since oral medications seem to take longer to work and have more side effects. Some women have great success with estriol vaginal cream or gel to help vaginal dryness, irritation, and frequent UTIs.

Estriol is a bio-identical hormone that is produced in women's bodies in large amounts by the placenta during pregnancy and in relatively small amounts by the liver and other fat tissue. Estriol is considered to be the most therapeutic estrogen for the vaginal lining, cervix, and vulvar tissues, but exerts only a weak effect elsewhere in the body. Estriol is quite good at “plumping up” these delicate tissues to help reverse vaginal dryness, irritation, and atrophy.

A second, stronger form of estrogen known as estradiol is also prescribed for vaginal atrophy. Bio-identical estradiol is commercially available in the form of a vaginal cream. Unfortunately, the cost can be extreme.

We can compound estriol and estradiol vaginal creams and gels in our state-of-the-art compounding lab. One advantage to using compounded bio-identical hormones is that we can customize your dose, combining hormones as necessary, expressly to meet your needs. We have even found that many times it is a more affordable option.

2

For more information, stop by the pharmacy or give us a call!

## Biblical Health Tip

### Eating Vegetables is Healthy

A helpful health tip can be found in the book of Daniel. The prophet is famous for being thrown in the lion's den and escaping unharmed. But little do readers know that Daniel conducted the first scientific study when he proved to the King that vegetables are healthier than a meaty diet.

Daniel presents his research proposal to the king: “Please allow your servants a ten day trial, during which we are given only vegetables to eat and water to drink. You can then compare our looks with those who eat the king's food; go by what you see...”

When the ten days were over, Daniel and his friends looked better than any of those who had eaten the meaty food (Daniel 1:12-15).

A study in the New England Journal of Medicine shows that people who consume more vegetables are healthier and have lower blood pressures compared to those with fatty diets. It's funny how researchers had to spend a lot of time, money, and energy to arrive at Daniel's same conclusion over 2,500 years ago.



## Featured Non-Profit

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

### Royal Family Kid's Camp

This camp has shared the love of Jesus with children from our local foster care system since 2015. The need for funds and volunteers is great. For more information on this free camp, visit... [chambersburg.royalfamilykids.org](http://chambersburg.royalfamilykids.org)

## Meet the Team: Kim Dockman

Kim joined the pharmacy as Marketing Director in February of 2009. Throughout the years, she has strived to educate both practitioners and the public about the health solutions we offer here at the pharmacy. More recently, Kim has taken on the role of Store Manager. She enjoys working at a business that strives to glorify God with people who love to serve the community. Kim lives in Waynesboro with her husband, Tad, and their five children.



## New Product: Vitamin C with Hyaluronic Acid Facial Serum

There is no mystery why these two ingredients have taken the skincare industry by storm. Sourcing the richest ingredients and oils like Organic Jojoba Oil and Sweet Orange Essential Oil, and combining them with Vitamin C and Hyaluronic Acid, Plant Therapy has curated the perfect concoction. It has incredible benefits, which will have you wanting to add this to your skincare must-haves.

Starting your day off right with Vitamin C can promote protection to your skin from damages due to exposure from UV rays. This key ingredient can also help reduce redness and hyperpigmentation caused by acne and blemishes. It can help boost hydration into the skin, leaving your face feeling refreshed and rejuvenated.



Hyaluronic Acid has the ability to hold up to 1000x its weight in moisture. It helps replenish your skin with the hydration it deserves. To put it into perspective, one gram of Hyaluronic Acid can hold up to six liters of water.

Because it's capable of retaining this much water, it can help your skin reduce the appearance of fine lines and wrinkles, thus improving the look of an even, smooth complexion. As a result, you can achieve the look of smoother, more radiant skin.

Stop by and pick up your bottle for just \$14.99.

## Addressing Pain & Inflammation

Inflammation is one of the key mechanisms that generates pain in the human body. When the bones, muscles, and joints in your body are over-worked, injured, worn, misaligned, or suffering from a related condition, those parts of your body are often subject to inflammation—a natural reaction to such problems. Unfortunately, inflammation is also accompanied by powerful pain signals.

Dodecin contains 12 ingredients that work synergistically with one another to directly address inflammation when it occurs, and thus reduce the associated pain.

Dodecin is so much more than just another joint formula. Yes, it definitely helps address joint issues, but it goes further to suppress the inflammation pathways associated with nerve, muscle, and bursae issues. In using these 12 quality ingredients, we see and hear about amazing results in a short length of time.

Dodecin's benefits include...

- Relief from chronic back and joint pain
- Control over muscle soreness and stiffness
- Reduction in nerve (neuropathy) pain
- Reduced post-workout recovery time
- Improvement in chronic inflammatory skin conditions
- Reduction in fibromyalgia and other chronic pain syndromes



Chronic inflammation and pain need to have a loading dose to suppress the overload occurring in your body. Just like your doctor will typically give a short burst of steroid dosing to quickly suppress the inflammation, we also encourage a loading dose. This loading dose is the reason many see results occur with the first week.

Once you gain control of the inflammation or pain, you slowly wean down to find the exact dose you need for maintenance. If you have a painful flare-up, repeat the loading dose.

Not all pain will respond to Dodecin alone. Circulatory issues will respond to Triargin better. We encourage you to start with the combination of Dodecin and Triargin for optimal results, then slowly wean down or off a product if you are not seeing a benefit.

*Mother's Day  
is May 9th!*

Are you ready?



**20% Off All  
Jewelry and Scarves**

May 1st-15th

Free gift bagging with purchase.

## Mark Your Calendar

May 1-15     20% Off All Jewelry & Scarves.  
Perfect for Mother's Day!

May 9         Mother's Day

May 31       Closed in Observance of  
Memorial Day

*COVID vaccination appointments can be made on  
our website: [www.NorlandRx.com](http://www.NorlandRx.com).*

## 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](http://www.NorlandRx.com)

[Facebook.com/NorlandPharmacy](https://www.facebook.com/NorlandPharmacy)  
[Instagram.com/NorlandAvenuePharmacy](https://www.instagram.com/NorlandAvenuePharmacy)  
[Twitter.com/NorlandPharmacy](https://www.twitter.com/NorlandPharmacy)

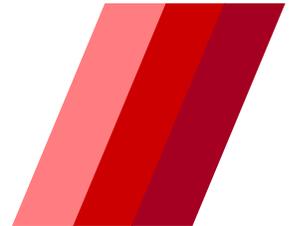


### In This Issue:

Spring has Sprung! .....	Pg 1
COVID-19 Vaccination Update .....	Pg 2
Treatment Options for Vaginal Atrophy .....	Pg 2
New Product: Facial Serum.....	Pg 3
Addressing Pain & Inflammation.....	Pg 3

- Colossians 4:5

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



Return Service Requested

12 Saint Paul Drive  
Suite 105  
Chambersburg, PA 17201



PRRST STD  
U.S. POSTAGE  
PAID  
CHAMBERSBURG,  
PA PERMIT NO. 426