

BE HEALTHY, STAY HEALTHY

A MONTHLY GUIDE DESIGNED TO HELP IMPROVE QUALITY OF LIFE.

APRIL 2024

MENOPAUSE & HORMONE REPLACEMENT



Women, throughout your lifetime, you will experience many telltale signs that your body is changing. For example, acne may have served as an indicator of puberty. Nausea may have cued you into pregnancy. Sometime in your mid-to-late forties, your body will begin to send distinct signals that it's changing once again — this time by exhibiting signs of menopause.

Menopause begins at different times for different women, though it usually occurs around age 50. While a minority of women don't seem to have any menopause symptoms other than the absence of a period, it's likely you'll have one or two. Here are some of the most common signs to watch for:

The first sign of menopause is usually subtle — irregular periods and/or spotting that relate to fluctuating hormone levels in your body. This is an easy menopause sign to miss because, unless you're trying to get pregnant, you may not be tracking your cycle and may not realize your periods are getting closer together or are lighter.

Most women do experience some erratic changes in their menstrual cycles during perimenopause, the stage leading up to menopause. Perimenopause can last anywhere from 2 to 10 years. It generally brings waves of such menopausal symptoms as erratic periods, hot flashes, night sweats, and irritability, all of which are the result of escalating hormonal fluctuations.

The most obvious signal indicating you're officially in menopause is the absence of a period for 12 consecutive months. Once your period has officially stopped, the estrogen levels in your body will gradually decline; also, you will no longer produce another female hormone called progesterone. Such hormonal changes may intensify the hot flashes, mood swings, or other symptoms you may have been experiencing

throughout perimenopause, or they may trigger symptoms you have yet to experience. In addition to no longer having a period, the following are the most common signs of menopause for the great majority of women:

- Mood swings/irritability
- Hot flashes
- Night sweats
- Poor sleep
- Vaginal dryness
- Generalized itching
- Cognitive changes (trouble remembering, losing focus/train of thought)
- Vaginal/vulvar itching

Another physical sign of menopause is bone loss (approximately 20 percent of bone mass can be lost in the first five years of menopause). And although hot flashes usually subside, some women experience hot flashes for the rest of their life.

For years, women have been using hormone replacement therapy (HRT) to help manage the symptoms they experience from the fluctuating hormone levels associated with menopause. With the option of bio-identical hormone replacement therapy (BHRT) from compounding pharmacies, many women have been asking what the difference is between traditional HRT and BHRT. Let's start with pregnant horse urine.

Traditional HRT from the big pharmaceutical companies uses synthetic hormones derived from pregnant mare urine (hence the name Premarin), hormones that do not look like the hormones your body makes naturally. Bio-identical hormones are made from soybeans and wild yams, which contain unique compounds that are processed chemically and made into identical replicas of the hormones your body produces. Hormones that match exactly what your body naturally produces can not be patented, which may be

the reason big pharmaceutical companies don't make them.

Another difference between traditional HRT and BHRT is the dosing. Pharmaceutical companies make synthetic hormones in specific strengths. Any woman who is prescribed HRT must be given one of those strengths, regardless of what her specific need is. It's like a one-size-fits-all solution. BHRT, on the other hand, is custom designed to fit each patient's unique needs. Based on your symptoms and a saliva or blood tests, we can identify which hormones you are deficient in and what strengths you need. A custom solution designed specifically for your body can then be created in our compounding lab. And to take that a step further, BHRT comes in several formats.

Most synthetic hormones are taken orally, requiring a pill to sit in the liver until it is processed. However, non-oral routes of administration such as transdermal (through the skin) or sublingual (under the tongue) are widely known to provide a more consistent and natural way to introduce medications to the body as they bypass processing in the liver. With BHRT, you have these options.

BHRT does require a prescription, and it's not always easy to find a practitioner who knowledgeable and willing to prescribe. Two local options include...

Elevation Healthcare in Waynesboro

717-563-8068

ElevationWell.com

Dana Hull, CRNP, CFNC in Greencastle

717-316-0201

HormoneHealthandVitality.com

As always, if you have any questions, please don't hesitate to reach out to us.

IS PAIN AFFECTING YOUR LIFE?

Chronic pain is a serious medical condition affecting one in five people worldwide. As we discussed in last month's newsletter, medical therapies for treatment of chronic pain may be unsatisfactory, risky, and expensive. Until recently, physicians utilized opioid therapy widely, but—because of their highly addictive qualities and side effects—that is not the case anymore.



Unfortunately, there is no one-size-fits-all solution to pain. We are sharing from our patients' experiences some options that we have seen work. Last month we covered CBD. This month we want to tell you about Low Dose Naltrexone or LDN.

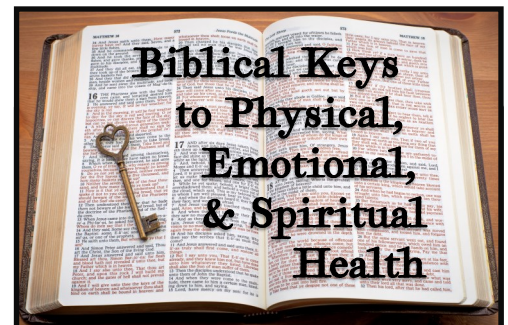
LDN is a novel therapy which may fulfill the four Ls that many patients look for when using nontraditional therapies: low risk, low side effect profile, low dose, and low cost. Naltrexone is a mu receptor antagonist medication originally designed and approved for the treatment of opioid addiction at a dose of 50-100mg per day. More recently it has been suggested that LDN may be utilized for the treatment of chronic pain, in an off-label fashion at a much lower dose: 0.5-4.5mg per day.

There has been a growing body of evidence that your body's endorphins (naturally occurring opioids) have a crucial role in regulating your immune system and providing pain relief. LDN's blockade of opioid receptors has been shown to upregulate endorphin production. LDN's blockade of Toll Like Receptors is believed to contribute to the anti-inflammatory and immune dampening effects. These mechanisms help us understand why LDN can be beneficial for chronic pain.

LDN is available only by prescription, is custom made at a compounding pharmacy, and costs about \$1 per day. The most common side effects include vivid dreams, sleep disturbances, and headaches. The key to success in using LDN is an understanding that optimal dosing is ultimately patient specific and is not dependent on a set protocol. Dosing strategies can vary tremendously. Some patients find success very quickly, while others need to try a variety of dosing strategies, which may take up to several months to achieve success. Therefore, it is critical to work with a provider or a compounding pharmacy knowledgeable in strategies that can help ensure success with LDN.

Since we began specializing in LDN at Norland Avenue Pharmacy, we have seen a wide variety of successes. It is these successes that motivate us to continue to try to help other patients. We have even implemented an LDN patient follow-up program to ensure our patients get the very best results possible.

If you are interested in learning more, please join us for our FREE seminar...



REMEMBER YOU ARE ALWAYS BEING WATCHED

You are never alone. You are always being watched by someone who loves you.

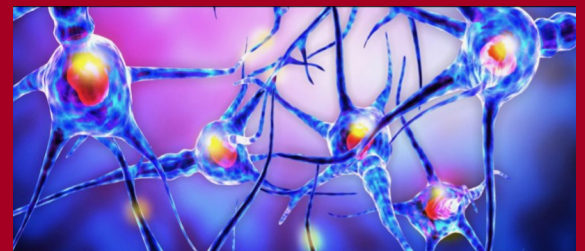
II Chronicles 16:9a – For the eyes of the Lord range throughout the earth to strengthen those whose hearts are fully committed to Him.



A portion of our sales for the month of April will be donated to the House of Grace in Chambersburg. This faith-based organization's mission is to provide life skills that bring enhanced self-esteem, life purpose, and belonging to each individual through their programs and services.

FREE SEMINAR: What's All the Fuss About LDN?

SPEAKER: DR. WAYNE MYERS
DATE: THURSDAY, APRIL 18TH
LOCATION 1: NORLAND AVENUE PHARMACY, 3:00PM
LOCATION 2: BIBLICAL EDUCATION CENTER, 7:00PM



Low Dose Naltrexone (LDN) is an off brand use of an FDA approved medication that is helping people with chronic pain, autoimmune disorders, Lyme disease, anxiety, depression, and more. This affordable, compounded medication has many of our customers raving! Find out what all the fuss is about at this free seminar.

Seating is limited, please reserve your spot: NorlandRx.com/events or 717-217-6790.

FIRST AID KIT MAKE & TAKE WORKSHOP

TUESDAY, APRIL 23RD, 2PM OR 5:30PM

Join us for an essential oil make and take workshop. You will rotate through six different stations making 10ml roller bottles of the following items:

1. Headache Blend
2. Tummy Blend
3. Itchy Skin Blend
4. Relax Blend
5. Energize Blend
6. Decongestant Blend



The cost is \$35 per person and must be paid at the time you sign-up. You will take home the six blends, a laminated recipe card for each blend, and a carry case that comes with a device to help take the roller balls on and off your bottles.

Seating is limited. Stop by Norland or call 717-217-6790 to make your payment and reserve your spot.

YOU'RE INVITED TO DIABETES BOOTCAMP

- Are you struggling with figuring out what to eat and how to exercise?
- Do you want to learn how to prevent hospitalizations from diabetes?
- Do you want to figure out how to monitor your glucose most effectively?
- Are you confused or overwhelmed by your medications and want to learn more about all your options?
- Do you need help with setting and achieving goals and want to learn how to lower your A1C?



You are invited to join Norland Avenue Pharmacy's ADCES Accredited Diabetes Self Management and Education Program: **DIABETES BOOTCAMP!**

When you sign up for Diabetes Bootcamp you will get...

- Initial phone meeting with pharmacist Dr. Ashli Yoder to review your medications, labs, and goals
- Six weekly one-hour long group workshops each focused on a different aspect of diabetes
- Guest specialist: nutrition coach
- Healthy snack tasting at every class
- Ongoing support after the bootcamp

Diabetes Bootcamp will take place on six consecutive Tuesdays (5/14, 5/21, 5/28, 6/4, 6/11, and 6/18) from 4-5pm in a conference room upstairs from Norland Avenue Pharmacy in Chambersburg (directions will be provided).

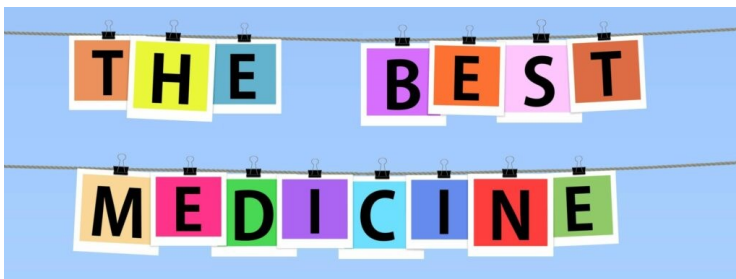
Take back control of YOUR diabetes, YOUR health, and YOUR life. Diabetes Bootcamp costs just \$100. Space is limited!
For more information, or to sign-up, call Norland Avenue Pharmacy at 717-217-6790.

NEW APP: RX365

- View your medications, see which ones have refills, and request refills
- Securely chat with pharmacy staff
- Upload new insurance information
- Request to transfer prescriptions in
- Print your prescription tax report for the year



Rx365



How far is it from the earth to the sun?

About ten CVS receipts.

My best friend when I was a kid was Andy Zoff.

He was the fastest boy at my school.

We've started telling everyone about the benefits of eating dried grapes. It's all about raisin awareness.

I went to the toy store and asked the clerk where the Schwarzenegger dolls are. He replied, "Aisle B, back."

You will need one of your prescription numbers off one of your bottles to set up your profile.

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MARK YOUR CALENDAR...

Apr 15-30: 20% Off e-Cloth
Apr 18: LDN Seminar (pg 2)
Apr 23: Essential Oil Make & Take Workshop (pg 3)



Lyme Disease Seminar



Date: Tuesday, May 7th, at 7pm
Location: Menno Haven Event Center, 300 Ridgeview, Chambersburg
Speaker: Dr. Robert Mauss, Gettysburg Osteopathic Family Health Center

Open to the public, this seminar will cover the different kinds of ticks in our area, how to identify symptoms, what to do if you have a tick bite, and how to avoid tick bites. In addition, information will be shared by a representative of the Pennsylvania Lyme Resource Network.

This seminar is sponsored by Norland Avenue Pharmacy and Carl's Drug Store.

A photograph of various e-cloth cleaning products. From left to right: a box of e-cloth dusting gloves, a yellow e-cloth, a box of e-cloth window cleaning cloths, a box of e-cloth general purpose cloths, a blue e-cloth mop head, and a white e-cloth mop handle. The products are arranged on a dark surface in front of a white cabinet.

HAPPY EARTH DAY!

20% OFF E-CLOTH: CHEMICAL FREE CLEANING, 4/15-30

*These statements are culmination of the knowledge and experience of the team at Norland Avenue Pharmacy. The information provided here is for informational purposes only. Please consult your healthcare provider with questions concerning any medical condition or treatment. Compounded medications are not reviewed by the FDA for safety or efficacy. These statements have not been evaluated by the Food and Drug Administration, and this product is not intended to diagnose, treat, cure or prevent any disease.

Located in the WellSpan Health Campus, Building 2 • (717) 217-6790 • www.NorlandRx.com

- 1 Peter 3:8

*Finally, all of you, live in
harmony with one another;
be sympathetic, love as brothers,
be compassionate and humble.*

Return Service Requested

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