

# BE HEALTHY, STAY HEALTHY

*A monthly guide designed to help improve quality of life.*

January 2021



## COVID Update

As the new year begins, COVID is still making headlines. The newest variant, omicron, is spreading like wild-fire. Cases are doubling about every two days. What does it mean for you? What does it mean for the pharmacy?

The omicron variant first emerged in South Africa and has been detected in at least 89 countries. So far, hospitalization and death rates are significantly lower than with previous variants.

For most people, especially those that have been vaccinated and received their booster shot, the omicron variant results in a mild illness that resembles a cold. Symptoms often include a cough, congestion, runny nose, and fatigue. Unlike previous variants, the loss of taste or smell is not common with this new variant.

It's too early for there to be any scientific studies about omicron; however, it appears that it does not burrow as deep in the lungs. Omicron does replicate faster higher up in the respiratory tract and, therefore, acts more like bronchitis than pneumonia.

With the flu, the delta variant, and the omicron variant all circulating, it's impossible for anyone to diagnose themselves. If you have any cold or flu like symptoms, it's important to get tested. Don't assume you just have a cold.

If you are exposed to someone who has tested positive, it is recommended that you wait 72 hours after exposure to be tested. Everyone has to be willing to err on the side of caution to

keep from spreading the illness to others.

While the symptoms seem less severe, the threat of omicron is still significant. Why? This variant is spreading so quickly that the sheer number of people infected is a concern.

Early studies suggest that a booster jab could provide around 85% protection against severe disease from omicron, but that means 15% of boosted individuals won't be fully protected, not to mention those that are not vaccinated.

Early research also suggests that the monoclonal antibody (MAB) treatment that has been used to treat patients with early onset COVID may not be effective against the omicron variant. Therefore, the state of Pennsylvania has suspended this treatment option for the time being. This has everyone looking for new treatment options.

On December 22, 2021, the FDA announced the first oral antiviral treatment for COVID: Paxlovid. This pill introduced by Pfizer has been authorized for patients to take at home. Paxlovid combines a new antiviral drug named nirmatrelver and an older one called ritonavir. Pfizer released results that showed treatment cut the risk of hospitalization or death by 89% if given to high-risk adults within

a few days of symptom onset. If given within the first five days, the efficacy was similar: 88%.

With new information daily, Norland Avenue Pharmacy is doing as much as possible to serve and protect our community. We continue to offer



Pfizer and Moderna vaccinations and boosters on a walk-in basis Monday through Friday from 9am to 6pm and Saturday from 8:30am to 12:30pm. We also carry COVID test kits for you to use at home with results in 15 minutes (however they do sell out quickly).

If and when the state resumes the use of monoclonal antibody treatments, we will be sure to update our website accordingly. Please be sure to check the website regularly for updates.

Thank you for trusting us with your health. As always, if you have any questions or concerns, please don't hesitate to call the pharmacy. It is our pleasure to serve you.

# One-Size-Fits-All is Not for Medicine

You wouldn't settle for the wrong size shoes, why settle for a prescription that may not be the best "size" for you?

Pharmaceutical companies make medicines that come in a limited variety of strengths and forms. For example, a certain medicine might be sold as a 60mg tablet, but not as a 40mg capsule or an 80mg liquid. But what if the 40mg capsule or an 80mg liquid is better suited to your needs? Guess what – *you'll probably be prescribed the 60mg tablet, because that's the only way the medicine is available.*

It doesn't have to be that way. A compounding pharmacist can create medicines in specific strengths and forms suited to your individual needs! **An exact dosage compounded to meet your needs might do the job better, faster, and with fewer side effects!**

Pharmacy compounding is the art and science of preparing customized medications for patients. Its practice dates back to the origins of pharmacy; yet its presence throughout the history of the profession of pharmacy has changed. In the 1930s and 1940s, approximately 60% of all medications were compounded. In the 1950s and 1960s with the advent of manufacturing, compounding rapidly declined. The pharmacist's role as a preparer of medications quickly changed to that of a dispenser of manufactured dosage forms.

The downside of this development was that *medications started to become "one-size-fits-all" solutions.* Of course, this doesn't usually work in the clothing industry, and it certainly doesn't always work in the pharmaceutical industry either.

Today, with the presence of modern technologies and innovative techniques, pharmacy compounding has experienced a resurgence. **Norland Avenue Pharmacy is the only local pharmacy to have earned Accreditation from the Pharmacy Compounding Accreditation Board (PCAB) to bring these modern technologies and techniques to the south central Pennsylvania area.**

*How, exactly, can compounding benefit you?* Many patients are allergic to preservatives or dyes or are sensitive to standard drug strengths. With physician consent, a compounding pharmacy can change the strength of a medication, alter its form to make it easier for the patient to ingest, or add a flavor to make it more palatable. The pharmacist also can prepare unique delivery systems such a lozenge, lollipops, or a transdermal gel (which simply means it enters the body through the skin). For patients having difficulty swallowing pills, a compounding pharmacy can make a suspension (liquid) instead. In essence, *a compounding pharmacist can work with you and your physician to make the medication specific to your unique needs. No more one-size-fits-all limitations!*

*What kinds of prescriptions can be compounded?* Almost any kind. Compounded prescriptions are ideal for any patient requiring unique dosages and/or delivery devices, which can take the form of solutions, suppositories, sprays, oral rinses or those already mentioned. Common compounding applications include bio-identical hormone replacement, veterinary, hospice, pediatric, dental, dermatology, chronic pain management, podiatry and gastroenterology.

So, the next time your doctor writes you a prescription, ask him or her to customize the dosage or delivery system by writing a compounded prescription.

## Non-Profit of the Month

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

### Salvation Army

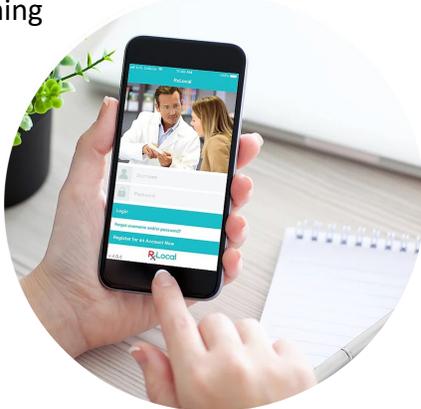
The Salvation Army of Chambersburg is committed to serving the people by preaching the Gospel and providing different forms of social services including serving over 37,000 meals each year. For more information, please visit <http://pendel.salvationarmy.org/easternpa/chambersburg>.

# RxLocal App

With our RxLocal app, you get the powerful features of a chain drugstore with the amazing service of our independent pharmacy. We understand that, next to your health, your time is your most valuable asset. That's why our app was designed to make your life easier and to keep you off the phone with the pharmacy.

## With our RxLocal app you can...

- Check the status of your medications including the number of refills remaining and the expiration date
- Request refills of your medications
- Set reminders to take your medications
- Message directly with a pharmacy technician
- And more!



The app even allows you to manage all your family members' medications, right at your fingertips. And the best news... it's FREE! Download the RxLocal app today!

**20% OFF ALL REGULARLY PRICED  
NORDIC NATURAL PRODUCTS  
JANUARY 16-31**

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IN THE UNITED STATES**

**WHY NORDIC NATURALS**

- ✓ Proven Safe and Effective
- ✓ Exceptionally Pure
- ✓ Award-Winning Taste

**NORDIC NATURALS**

# Proverbs to Live By

## Practice Being Kind

**Proverbs 11:16** – *A kindhearted woman gains respect, but ruthless men gain only wealth.*

**Proverbs 11:17** – *A kind man benefits himself, but a cruel man brings trouble on himself.*

Being kind is simple to do, pleases God, and brings blessings into your life and home. Think before you speak or act. Take the time to **be kind**.

## “Spice it Up” Essential Oil Blending Class

**Thursday, January 20th  
1pm, 3pm, or 5pm**

Join us to take a close look at Allspice, Clove, Ginger and Turmeric Essential Oils. Essential oils specialist, Sharon Smith, will teach 12 oil recipes and distribute a recipe booklet for each attendee to take home. Come out and learn how to make your own pain blend, household cleaner, immune support diffuser blend, and even a firming under eye serum.

Class space is limited, so sign-up for your preferred time slot as soon as possible. Call (717) 217-6790 or visit [www.NorlandRx.com/events](http://www.NorlandRx.com/events). If you sign-up online, be sure to include your preferred time slot in the comments section.

# LOL: The Best Medicine

Why do archeologists get all the girls?  
Because they have the best dating techniques.

There are only two instances when people hate their alarm clock: when it rings, and when it doesn't ring.

Why does the milk stool only have three legs? Because the cow has the udder.

What did one skunk say to the other skunk under the church building?  
“Let us spray.”

## In This Issue:

COVID Update.....	Pg 1
One-Size-Fits-All is Not for Medicine.....	Pg 2
RxLocal App .....	Pg 3
Proverbs to Live By .....	Pg 3
“Spice it Up” Essential Oils Blending Class .....	Pg 3

## Mark Your Calendar

Jan 1	Closed: Happy New Year!
Jan 1-15	Out with the Old, In with the New Sale
Jan 16-31	20% Off Nordic Naturals (pg 3)
Jan 20	“Spice it Up” Essential Oils Blending Class (pg 3)

Pfizer & Moderna vaccinations and boosters available  
Mon-Fri 9am-6pm and Sat 8:30am-12:30pm.

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# SALE

**Time to clear out last year's gifts to  
make way for great new items. Stop by  
soon for discounts up to 50% off.**

**January 1-15**

Return Service Requested

12 Saint Paul Drive  
Suite 105  
Chambersburg, PA 17201



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