

# Be Healthy, Stay Healthy

A monthly guide designed to help improve quality of life.

FEBRUARY 2023



## Attention Diabetics

Diabetes affects millions of Americans and is growing at epidemic rates. There is some good news, however. According to the American Diabetes Association, by making some lifestyle changes, many people can delay or prevent type 2 diabetes. Here's a quiz to find out what you know about type 2 diabetes.

Answer true or false to each of the following statements:

1. Reducing your body weight by 5-10% can produce a 58% reduction in diabetes.
2. Just 30 minutes a day of moderate physical activity can significantly reduce type 2 diabetes symptoms.
3. A healthy diet for type 2 diabetics is basically just an overall healthy diet.
4. Diabetes is more common in African Americans, Latinos, American Indians, Asian Americans, and Pacific Islanders.
5. An unexplained or unusual weight loss is a symptom of diabetes.
6. Products listed as low fat are always good choices for a diabetics.
7. Nearly all adults with type 2 diabetes are overweight, and more than half are obese.

Answers: 1. True, 2. True, 3. True, 4. True, 5. True, 6. False. They are often higher in sugar or sodium, 7. True. Source: National Diabetes Education Program.

If you are already living with type 2 diabetes, you may be looking for support or assistance in reaching your health goals.

**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?**

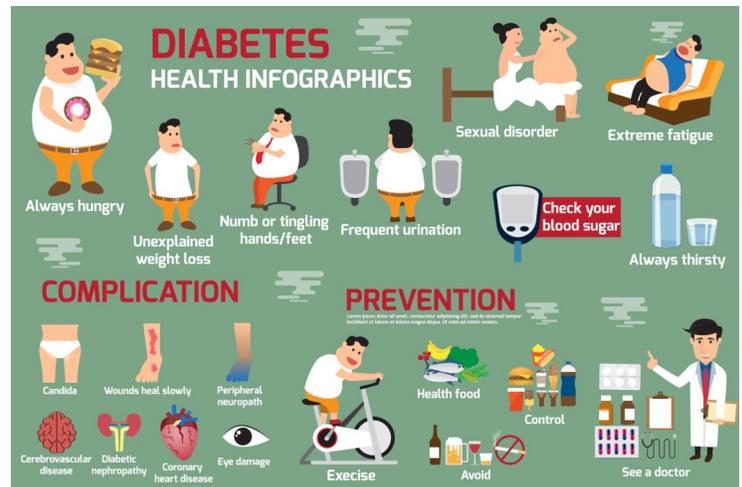
**Are you confused or overwhelmed by your medications and want to learn more about all your options?**

**Do you need help with setting and achieving goals and want to learn how to lower your A1C?**

Join Norland Avenue Pharmacy's ADCES accredited Diabetes Self Management and Education Program: **DIABETES BOOTCAMP!**

**When you sign up for our Diabetes Bootcamp you will get:**

- An initial phone meeting with pharmacist Dr. Ashli Yoder to review your medications, labs, and goals;
- Five bi-weekly, one-hour long group workshops each focused



on a different aspect of diabetes;

- Guest specialists including a registered dietitian and nutrition coach;
- Prizes and giveaways at every class; and
- Ongoing support after the bootcamp.

Norland Avenue Pharmacy's Diabetes Bootcamp will take place on the following Mondays: March 6th, March 20th, April 3rd, April 17th, and May 1st from 2-3pm in one of the WellSpan conference rooms (directions will be provided). This comprehensive Bootcamp costs only \$60; however, if you attend all five sessions you will get a \$10 rebate!

Take back control of YOUR diabetes, YOUR health, and YOUR life!

**To reserve your spot, stop by the pharmacy or call (717) 217-6790.**

# Benefits of a Vitamin B Complex

B vitamins are a group of eight essential nutrients that play roles in many organs and bodily systems. They help create energy from food, produce blood cells, and maintain healthy skin, among other functions.

The eight water-soluble vitamins that make up B complex are thiamine (B1), riboflavin (B2), niacin (B3), pantothenic acid (B5), pyridoxine (B6), biotin, folic acid, and the cobalamins (B12). The B vitamins help enzymes in your body do their jobs and are important for a wide range of cellular functions, like breaking down carbohydrates and transporting nutrients throughout your body.

In addition, a vitamin B complex can provide health benefits like healthy brain function, cancer prevention, and stress and chronic fatigue reduction. We like Healthy Living Solutions' B-Complex. Recommended dosing is just one per day. A 60 count bottle is \$29.90.



# FREE SEMINAR: The ABCs of CBD

Thursday, Feb 16<sup>th</sup> • 2pm or 6pm

Join Dr. Wayne Myers as he explains the history of CBD oil, how it works, and what you need to know when buying and using it. You should consider attending this seminar if you or a loved one struggles with...

- Chronic pain,
- Anxiety,
- Insomnia,
- Migraines,
- Fibromyalgia, or
- Depression.



**Seating is limited, so sign-up early to reserve your spot:**

**(717) 217-6790 or [NorlandRx.com/events](http://NorlandRx.com/events)**

# An Alternative Option for Pain

Chronic pain is a leading cause of disability in the United States. It affects over 50 million adults in the U.S. and costs the nation up to \$635 billion annually. It is also one of the most frequent reasons people seek medical care. Despite a wealth of treatment options, as many as 40% of patients treated for chronic pain do not attain adequate relief.

Further complicating this problem, patients who report chronic pain often suffer from multiple conditions and take multiple medications such as opioids and nonsteroidal anti-inflammatory drugs (NSAIDs) that are associated with adverse effects including abuse, addiction, and death. The FDA and CDC have recognized that opioid misuse and overdose have reached epidemic proportions. The National Center for Health Statistics reported over 107,620 drug overdose deaths in 2021.

Clarity Science, a division of Safe Harbor Compliance and Clinical Services LLC, reported the results of a study which evaluated patients with chronic pain who were treated with topical pain relief creams. The results, published in the Journal of Pain Research, suggest that **topical treatments may provide an effective and safer treatment alternative to opioids and prescription NSAIDs for the management of chronic pain.**

The results of this study show that topical pain creams were associated with reductions of up to 60% in the use of concurrent pain medications, including oral opioid pain medicines. Topical agents have the potential to provide pain relieving effects without the risk of abuse, misuse, and addiction or systemic adverse events associated with oral pain medications. Also, they lower the risk of drug interactions, have limited systemic absorption, offer simple-dose determination, provide direct access to the location of the pain, and are easy for patients to apply. Results of the Study show that topical treatments are effective and safe for the relief of moderately severe chronic pain associated with arthritis, neuropathic conditions, and musculoskeletal disorders.

At Norland Avenue Pharmacy, we are able to create topical pain creams in our state-of-the-art compounding lab. Compounded pain creams require a prescription from your physician. We will attempt to get insurance to help cover the cost, but we also offer reasonable cash pricing. If you would like more information or a flyer to take to your physician, please stop by the pharmacy.



# Who & How CBD Helps

We are “hardwired” with a master control system called the Endocannabinoid System (ECS). The ECS is made up of cell receptors that act as messengers, giving your body specific directions on what to do. Some of these messengers are located in the brain and the spinal cord. Others are located in the immune cells, gastrointestinal tract, and everything outside the brain and spinal cord. The ECS helps in regulating...

Anxiety	Immune Function	Pain
Appetite/Hunger	Memory	Reproduction & Fertility
Depression	Mood	Sleep
Digestion	Motor Control	Temperature Regulation



Plants such as hemp contain non-intoxicating cannabinoids, like CBD (cannabidiol) and others, which support the ECS. Just like you take dietary supplements, you may also need to supplement your ECS. Hemp extract is a convenient way to do this. Full spectrum hemp extract incorporates an assortment of cannabinoids that occur naturally in industrial hemp. Isolate CBD oil has been available for a longer period of time, but studies are showing that full spectrum hemp extract benefits health the most.

The patients who may benefit the most from a high quality hemp extract are those who suffer from anxiety, insomnia, pain, depression, and migraines. It’s important to understand that not all hemp products are created equal, and the dosing for hemp extract is not a one-size-fits-all situation. Our specialists can help you to understand how to find the right product and dose for you.

If you want more information, stop by the store or sign up to attend our free seminar on the 16th!



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

## Biblical Education Center.

**NON-PROFIT  
OF THE MONTH**

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.

## The Best Medicine

Tried to read the dictionary in bed last night. Didn’t finish it. Got up to “P”.

Yesterday I went to a temporary tattoo parlor to get a tattoo. After it wouldn’t wash off this morning, I went back to complain, but the tattoo parlor wasn’t there.

Golf balls are like eggs. They are both white, both sold by the dozen, both expensive, and... a week later you have to go out and buy more.

Customer: What’s the WIFI password?

Waiter: You need to buy a drink first.

Customer: I’ll have a Coke.

Waiter: Is Pepsi okay?

Customer: How much is that?

Waiter: \$3

Customer: There you go. So, what’s the WIFI password?

Waiter: You need to buy a drink first.

All lowercase, no spaces.



## Proverbs to Live By

### Be Prudent (Wise, Foresighted)

Proverbs 12:16 - *A fool shows his annoyance at once, but a prudent man overlooks an insult.*

Proverbs 12:23 - *A prudent man keeps his knowledge to himself, but the heart of fools blurts out folly.*

Proverbs 22:3 - *A prudent man sees danger and takes refuge, but the simple keep going and suffer for it.*

It is often wise to overlook an insult. Many times it is better to keep your thoughts to yourself. Sometimes the wise thing to do is to stop and try something different. Be wise... be prudent.



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## Mark Your Calendar

Feb 15-28      20% Off Purses, Wallets, & Bags  
Feb 16          FREE SEMINAR: The ABCs of CBD  
                    (details on page 2)

*Vaccinations available on a walk-in basis! Monday-Friday: 9am-6pm & Saturday: 8:30am-12:30pm*

## Norland Avenue Pharmacy LLC

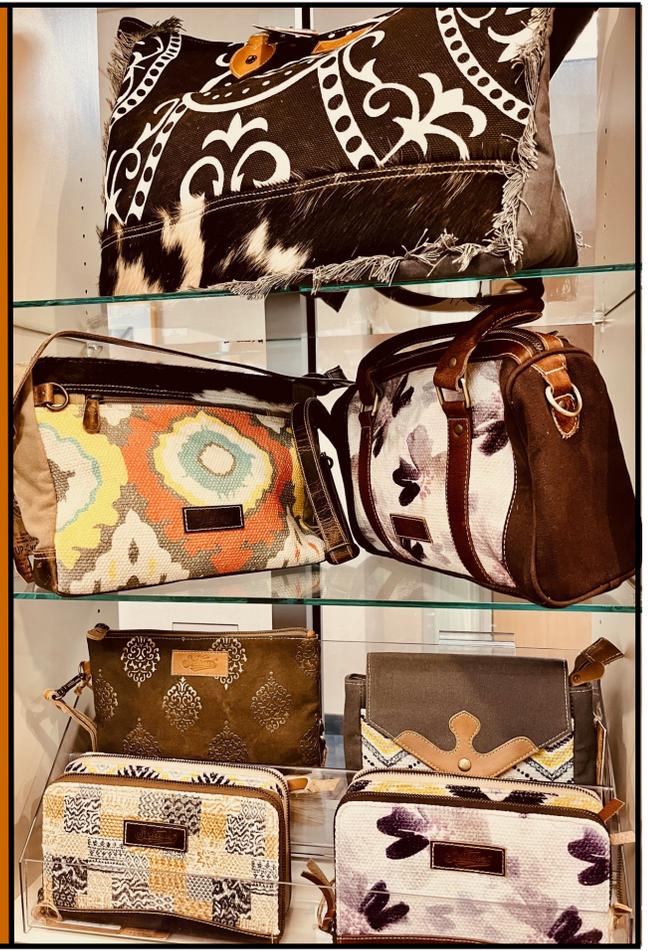
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FOLLOW US

20% OFF ALL PURSES, WALLETS, & BAGS

FEBRUARY 15TH-28TH



- 1 John 4:16

*And so we know and rely on the  
love God has for us. God is love.  
Whoever lives in love lives in God,  
and God in them.*

Return Service Requested

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