

# BE HEALTHY, STAY HEALTHY

A monthly guide designed to help improve quality of life.

March 2022



## Introducing MyMeds+ Packaging

According to the Centers for Disease Control (CDC), it is estimated that 3.8 billion prescriptions are written annually, and 50% of those prescriptions are taken incorrectly, if at all. Medicine only works if you take it properly. Taking your medication as prescribed is the key to controlling chronic health problems such as diabetes, heart conditions, and high blood pressure.

Medication management can be difficult for even the most careful patients and caregivers. With 50 million Americans taking more than five medications every day, the challenge is widespread.

But there is good news! To help you be healthy and stay healthy, we are now offering MyMeds+ packaging, designed to take the stress and confusion out of taking your medications by organizing them in individual pouches that are date and time specific. The usage directions are printed right on each pouch. It gives you the level of care and convenience you deserve and streamlines refills and pick-ups.

Not only does the MyMeds+ packaging make it easy to understand what medications you are to take and when, it also makes it simple for caregivers to know if their loved one has taken their medication or not. No more guessing.

If you are interested in MyMeds+, the first step our technicians would take would be to get all your prescription medications synchronized to fill on the same day (if they don't already). This process can take anywhere from a couple of weeks to a couple of months depending on your prescriptions.

Once your prescriptions are synchronized, one of our technicians will consult with you to find the precise day

and time to schedule each medication. Then we will coordinate filling all of your medications and sorting them for you by time of day. Once you receive your roll of pouches, you simply tear off your next pouch and follow the directions on the package.

By having all your medications synchronized and packaged in one convenient roll, once a month, you save time and money by making only one trip to the pharmacy. To serve you better, we ask you to follow a few additional instructions to ensure your MyMeds+ roll is fulfilled correctly.

1. In order to ensure that the correct medications are packaged for you, we require you to notify us of any changes that your doctor has ordered at least ten days before your current medications run out.

2. MyMeds+ packaging is easy-to-open and not considered child-resistant. By choosing this packaging, you are approving the medications being dispensed in non-child-resistant packaging.

3. MyMeds+ packaging is specific to your prescribed medication needs and cannot be returned to the pharmacy inventory if they are not picked up. If for some reason you don't pick up your prescriptions, we will still bill your credit/debit card on file and/or your insurance carrier.

**What medications can be filled in a MyMeds+ pack?** MyMeds+ is designed for prescribed medications taken on a regular basis. We can not include medications that are taken on an as needed basis. We also can not include creams, ointments, injections, films, inhalers, or the like.

**What if I am prescribed a new medication in the middle of the month?** Your new prescription will be filled with enough medication to get you to your next refill. Then we will incorporate it into your next monthly MyMeds+ medication roll.



**Is there a charge for MyMeds+?** This convenient packaging service only costs \$5 per roll and will be charged with your medications when you pick-up each month.

**How long do I have to pick up my medications?** You will be notified when your medications are ready, typically two or three days before you should need them. You will have seven days to pick them up. We also offer free delivery within 20 miles of the pharmacy for patients using MyMeds+.

**What happens if I don't pick them up in time?** In order to utilize MyMeds+, you must have a credit/debit card on file. After seven days, your card will automatically be charged, as we cannot return the medications to inventory for safety reasons.

**We hope you are as excited about this service as we are. We fully believe this will help people be healthy and stay healthy. Call us today to get started!**

# Personalized Skin Care as Unique as You

Compounding has long been recognized as a productive treatment avenue for addressing problem skin. Our pharmacy has the ability to formulate a number of solutions for problem skin designed to help make a difference for patients with skin challenges.

## Patients with Acne, Oily Skin, or Rosacea

Our pharmacy prepares prescription medication for these patients using Clarifying Base. The natural ingredients chosen for this base may improve red, blotchy skin, and the unique avocado extract nourishes skin and decreases oil formation. Common active ingredients added to the base include Benzoyl peroxide, Salicylic acid, Tretinoin, Erythromycin, Clindamycin, Niacinamide, Sulfacetamide, and Metronidazole.

## Patients with Scarred & Damaged Skin

Our pharmacy prepares prescription medication for these patients using PracaSil-Plus, which can dramatically improve the appearance of scars and prevent scarring on injured or damaged skin. Common active ingredients added to this base include Pentoxifylline, Tranilast, Tamoxifen, Fluticasone propionate, Collagenase, and more.

In controlled studies, 100% of subjects showed improvement in scar texture/smoothness, 74.3% of subjects showed improvement in scar pigment intensity, and patient satisfaction rates averaged ten on a scale of one to ten.

## Patients with Eczema, Psoriasis, & Xerosis

Our pharmacy prepares prescription medication for these patients using XemaTop, which can help improve the appearance of red and irritated skin. Common active ingredients added to this base include Corticosteroids, Vitamin D and E and derivatives, Cyanocobalamin, and Zinc pyrithione. XemaTop was shown to be superior to the reference product as a vehicle for the delivery of the two tested active ingredients (mometasone furoate and calcitriol) with anti-inflammatory and anti-proliferative properties.



Before

After

Before and after 14 weeks of treatment with 5-alpha Avocuta®, an ingredient in Clarifying Base. The patient was a 28-year-old female with a history of acne. Adapted with permission for use from (Sharquie et al., 2012).<sup>2</sup>



Before (Day 1)

After (Day 7)

"The appearance of my two-year-old son's arm was greatly improved in just 7 days when I applied PCCA's XemaTop."  
Kristi Hughes; Houston, Texas



You are uniquely and wonderfully made, and your treatment should be as unique as you are. If you are struggling to find something that works, whatever your skin condition, please let us know. We would love to help develop a customized solution that works for you.

**Call (717) 217-6790 or  
stop by with questions.**

## Non-Profit of the Month

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

### Occupational Services Incorporated (OSI)

OSI assists individuals with disabilities or other barriers to employment to lead more productive and meaningful lives. For more information visit [osinc.org](http://osinc.org).

# March is Endometriosis Awareness Month

Endometriosis is an often painful disorder in which tissue similar to the tissue that normally lines the inside of a woman's uterus—the endometrium—grows outside a woman's uterus. Endometriosis most commonly involves a woman's ovaries, fallopian tubes, and the tissue lining of the pelvis. Rarely, endometrial-like tissue may be found beyond the area where pelvic organs are located.

With endometriosis, the endometrial-like tissue thickens, breaks down, and bleeds with each menstrual cycle. But because this tissue has no way to exit the body, it becomes trapped. When endometriosis involves the ovaries, cysts called endometriomas may form. Surrounding tissue can become irritated, eventually developing scar tissue and adhesions—bands of fibrous tissue that can cause pelvic tissues and organs to stick to each other.

We now have a new product at the pharmacy called Endo Relief Cream from Ananda Professional. This cream features clinician-selected botanicals and a high concentration of cannabinoids to support a woman's natural system and help reduce chronic and monthly discomfort. This formulation can help deliver relief without disrupting the body's natural balance.

You can use this product daily or as needed. For best absorption, lie down for ten minutes or use at bedtime.

**Call or stop by with questions.**



## Proverbs to Live By

### Two Great Treasures

- 1. Fear (Respect) of the Lord    2. Love**

*Proverbs 15:16-17 – Better a little with the fear of the Lord than great wealth with turmoil. Better a meal of vegetables where there is love than a fattened calf with hatred.*

Establishing a home where the Lord is respected and love for one another and others is practiced is far better than wealth and possessions.

## FREE Essential Oil Blending Class

### “I’ve Never Heard of That!”

Join essential oil specialist Sharon Smith as she teaches a brand new class about four essential oils that you may not be familiar with. You will learn great information about Fragonia, Plai, Sugi, and Yuzu. You will also observe twelve different recipes being blended that feature these four oils and receive a free recipe book with all twelve recipes to take home.

**Tuesday, March 29th  
11:00am, 2:00pm, OR 5:00pm**

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



## LOL: The Best Medicine

As I pulled into the gas station, I noticed a woman trying to push her car toward the pump.

Having always considered myself a Good Samaritan, I parked and joined her in pushing her car.

"What are you doing?" she asked.

"I'm giving you a hand," I said. "What are you doing?"

"I'm stretching before my run."

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## Mark Your Calendar

|           |  |
|-----------|--|
| Mar 1-15  | 20% Off Candle & Candle Accessories      |
| Mar 16-31 | Anniversary Sale                         |
| Mar 29    | FREE Essential Oil Blending Class (pg 3) |

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



# OH YEAH!

**21<sup>st</sup> Anniversary Sale  
March 16<sup>th</sup>-31<sup>st</sup>**

21% Off All Regularly Priced  
Vitamins, Supplements, CBD,  
& Essential Oils Products

“Because of the Lord’s great love we are  
not consumed, for His compassions  
never fail. They are new every morning;  
great is Your faithfulness.”  
- Lamentations 3:22-23

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