

BE HEALTHY, STAY HEALTHY

A MONTHLY GUIDE DESIGNED TO HELP IMPROVE QUALITY OF LIFE.

MAY 2024

ADDRESSING SEASONAL ALLERGIES

Spring brings excitement as the warm weather beckons you to return to the great outdoors. However, for many of you, the spring weather also brings with it pollen and seasonal allergy symptoms that make you want to hide inside with the windows and doors shut tight. Seasonal allergies—also known as hay fever—result in symptoms like itchy, watery eyes; sneezing; stuffy nose; sore or itchy throat; congestion; and headache.

STEP 1: The first step in addressing seasonal allergies is to find the best allergy medicine for you and your symptoms.

Antihistamines: These are a great first step in relieving seasonal allergies. They work by blocking “histamine,” which is a chemical released by your immune system when your body detects something harmful. In the case of seasonal allergies, your immune system is overreacting to certain allergens when it releases histamine. And that overreaction is what causes all those allergy symptoms.

There are several brands of oral antihistamines on the market. Some, like Benadryl, are very effective at reducing allergy symptoms but can cause drowsiness. Newer medications such as Claritin, Allegra, Xyzal, or Zyrtec have reduced these side effects. There are also generic versions of these brands that are just as effective but less expensive.

If itchy, watery eyes are your problem, antihistamine eye drops like Zaditor (ketotifen) and Pataday (olopatadine) are available to help.

Nasal Steroid Sprays: Sprays like Flonase and Nasacort work well with antihistamines, helping bring down the inflammation in your nose and sinuses to relieve congestion, runny nose, sneezing, and watery eyes.

Unlike decongestant nasal sprays such as Afrin or Sinex, nasal steroid sprays can be

used once or twice a day over the course of several weeks. Just know that it can take a week or two of consistent use for them to start working. This consistent use helps keep symptoms under control throughout the allergy season.

Decongestants: Oral medications like Sudafed, along with those nasal decongestants mentioned above, can help relieve stuffiness. But you run the risk of side effects that include higher blood pressure, increased heart rate, irritability, or insomnia. Because of potential side effects, decongestants should only be used short-term—three to five days max—when allergies are severe.

A More Natural Approach: If you prefer a more natural approach to addressing your symptoms, there are several options in the wellness center at Norland Avenue Pharmacy. Our favorite is Healthy Living Solutions' All Season Support. This supplement is a powerful and comprehensive blend of nutrients and botanicals that is capable of helping to normalize your body's response to environmental “debris”. This response involves helping to support the normal, healthy release of biochemicals that cause inflammation and other symptoms associated with allergies and exposure to environmental allergens.

All Season Support is a formula with over 10 years of proven results and features Stinging Nettle (helps stabilize the release of histamine from mast cells), Quercetin (shown to support the normal, healthy release of histamine), and Bromelain (helps support a healthy response to inflammation), as well as Vitamin C, Turmeric, Ginger, and Feverfew.

Prescription Medications: When over-the-counter allergy medications don't do the trick, a prescription medication like Singulair



(montelukast) is also available.

STEP 2: The next step is knowing when to take your allergy medication. It is recommended that you start taking your allergy medication about two weeks BEFORE the allergy season and your symptoms begin. Then, continue taking them regularly throughout the rest of the season. Once inflammation starts, it may take longer to get relief.

Oral antihistamines take about a half hour to get into your system. Bedtime is a good time to take allergy medications. Many last 24 hours, which means they'll be working through the next day.

For the more natural All Season Support, we recommend taking three tablets daily to keep symptoms at bay. If you are already struggling with symptoms, you should double the dose, three tablets twice a day.

STEP 3: Consider nasal washing with sinus rinses. Sinus rinses are a popular seasonal allergy treatment that you can do at home, working well with antihistamines and nasal sprays. The neti pot is available at Norland Avenue Pharmacy comes with packets to mix with warm, distilled water to create a saltwater solution. Using the pot to pour the solution through your nasal cavities, you can flush out gunk and allergens to reduce swelling and ease symptoms.

As always, if you have any questions, please stop by or give us a call anytime!

INSURANCE NOT COVERING?

Each insurance company has a drug formulary, or a list of medications, that it has approved and will help cover the cost for, with evidence to support why a medication is included or excluded from the list. These medications are selected based on their safety and efficacy evidence, cost, and treatment guidelines. This list is typically updated no less than every quarter, which ensures that pharmacy benefit managers (PBMs) are accounting for marketplace changes, new drug entrants, and changes to clinical guidelines.

The Institute of Medicine (IOM) defines utilization management as "a set of techniques used by or on behalf of purchasers of health care benefits to manage health care costs by influencing patient care decision-making through case-by-case assessments of the appropriateness of care prior to its provision." These techniques are premised on evidence-based medicine that promotes the most clinically appropriate and cost-effective utilization.

As a patient, you can experience a pause in the prescription process when a medication you have been prescribed is not the appropriate first-line therapy, is not on the insurance's formulary, or is used improperly. However, this is a tool used by the insurance companies with good intent to provide the best care.

There are three main types of utilization management:

1. **Prior Authorization:** Requires the prescriber to obtain pre-approval from the PBM before the medication can be dispensed. A medical necessity needs to justify why you cannot use a product on the formulary. Ensures that the product is being used according to the FDA indication. Used when the medication has a high potential for misuse or abuse. Usually lasts one year then needs renewed.
2. **Quantity Limits:** Sets a limit for a given medication that the plan sponsor will allow to fill in a certain amount of time. These limits are set in accordance with the package inserts. Addresses safety and cost concerns, as well as over-utilization of the medication.
3. **Step Therapy:** Trying different medications in a series of steps. Begin with the safest and most cost effective and progressively increase to riskier or costlier medications. You must fail two or three therapies before the costlier medication is approved for use.

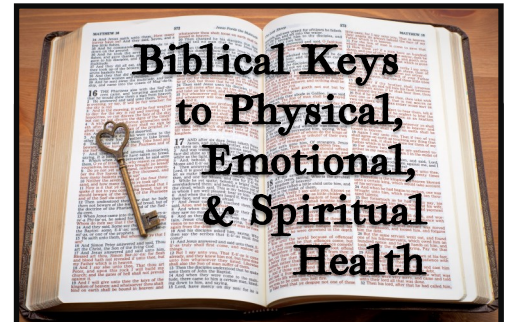
Patients are often upset when they are told that their prescription requires one of these at the pharmacy counter. They will say that the physician knows best and there is a reason they were prescribed this medication. While this may often hold true, patients may not always be privy to the costs of medications. These utilization management policies are in place to keep you safe, to be cost effective for the plan, and to ensure that medication utilization is clinically appropriate. Please understand that the pharmacy has no control over these guidelines.

As a retail pharmacy, we have had to explain often to patients what this entire process is. The most common utilization management is a prior authorization. The PBM wants to ensure that the selected medication is appropriate for your specific disease state. It can also occur when a non-formulary medication has a medical necessity.

What are your options if a prescription requires a prior authorization?

Every scenario starts by the pharmacy contacting the prescriber. The prescriber will have to submit paperwork to the PBM as to why the specific medication is needed for a prior authorization. The prescriber will have to justify why you need the specific medication or a higher quantity than what the plan may allow initially. The prescriber may eventually have to write for a different medication as the originally prescribed medication was not deemed medically necessary.

While this is happening, you only have two options: wait for the physician to complete prior authorization or pay full cash price for the prescription (a.k.a. not use the prescription plan benefit). If you still have questions about this process, let us know. We are happy to help!



GIVE YOURSELF TO GOD

A morning prayer, "Good morning, Lord! Let's begin this day together!"

Romans 12:1a – Therefore, I urge you brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God.



A portion of our sales for the month of May will be donated to Noah's House and Gracie's Place. They aim to meet people where they are and provide multiple pathways to substance abuse recovery, helping men and women build a profile for personal success beyond addiction.



FREE LYME DISEASE SEMINAR

SPEAKER: DR. ROBERT MAUSS, GETTYSBURG
OSTEOPATHIC FAMILY HEALTH CENTER

DATE: TUESDAY, MAY 7TH, 7:00PM

LOCATION: MENNO HAVEN EVENT CENTER, 300 RIDGEVIEW, CHAMBERSBURG

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. Please join us, no reservation needed.

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

SAD BUGS, HAPPY YOU

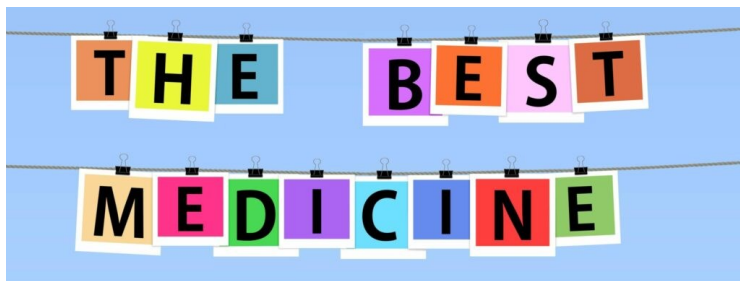
Norland Avenue Pharmacy is happy to carry a new product line that's made in the USA. Born from the need for all-day, every-day insect protection, Shübug was founded by a group of avid outdoor lovers who are passionate about being outside without the bother of bugs and the worry of dangerous chemicals. One of the main objectives behind the creation of the brand Shübug was to offer a full spectrum of quality insect repelling solutions, with a line of naturals that competes with and even outperforms many synthetics.

The vast majority of the natural insect repellent industry uses 99% soybean oil, which is often harvested with the glyphosate chemical (RoundUp) known for its connection to cancer. The base of Shübug's Natural is 97% walnut and MCT oil, the same ingredients used everyday to help prevent premature aging and dryness.



With ten to 14 hours of protection, the only reason you would need to reapply in a day is if you go in the water. Unlike standard aerosol, 360° BOV can be applied from any angle without compromising the bottle's ability to dispense its entire contents. BOV is better for the environment too. And, the line is safe for anyone over the age of one!

You can find this line at the pharmacy in aisle three with the essential oil products. Products range in price from \$9.99 to \$12.99. And, a little goes a long way. No need to wastefully douse from head to toe. Just give it a little spritz, and rub-in to your desired coverage of any exposed skin.



What's the best way to put a spaceship to sleep? Rocket.
What's the best way to cook an allegator? In a crockpot.
What's the easiest way to make a hot dog stand? Take away its chair.
Remember the time Fruit of the Loom took Hanes to court? It was a brief case.
Before it was carved, the beauty of Mount Rushmore was un-presidented!

COMPOUNDED OPTIONS FOR COLD SORES

Cold sores are red, fluid-filled blisters that form near the mouth and are caused by a common virus called herpes simplex. Not to be confused with canker sores that occur inside the mouth and are not contagious, cold sores are highly contagious and are usually clumped together in patches. Be sure to avoid kissing or sharing toothbrushes, food, lipsticks, etc., during the course of an outbreak. An outbreak can last two weeks or longer.



Once you get the herpes simplex virus, it can't be cured, but it can be managed. Once the sores have healed, the virus remains dormant in your body. This means that new sores can appear at any time when the virus reactivates. Some people with the virus report more frequent outbreaks when their immune systems are weak, such as during illness or times of stress.

Before a cold sore appears, you may feel a tingling or burning sensation. This is the best time to start treatment. Acyclovir is an antiviral active pharmaceutical ingredient (API) often used in patients with cold sores. With compounded solutions, you can combine multiple APIs and tailor the dose directly to your unique needs. In our state-of-the-art compounding lab, we create several options including...

- **Acyclovir 10% Flavored Lip Ointment**
- **Acyclovir 5%/Lidocaine 1% Lip Balm**

When your physician writes a prescription for a compounded medication, be sure to know what to look for when choosing a compounding pharmacy to make your medication. Finding a lab that has achieved Accreditation from the Pharmacy Compounding Accreditation Board (PCAB) allows you to rest assured that the pharmacy has met or exceeded industry standards for quality, training, testing, and more.

If you have any questions or concerns about our PCAB Accredited compounding lab or solutions, please give us a call or stop by.

DELIVERY DETAILS

We are happy to offer delivery service to our patients. For same day service, requests must be received by noon. All deliveries will be made after 1pm as follows:

- Tier 1 (0-4 miles) - FREE, Monday-Friday**
- Tier 2 (4.1-8 miles) - \$3, Monday-Friday**
- Tier 3 (8.1-15 miles) - \$5**
- Tier 4 (15.1-20 miles) - \$7**
- Tier 5 (>20 miles) - fee determined by management**

For Tiers 3-5:

North of Route 30:
Mondays & Fridays
South of Route 30:
Tuesdays & Thursdays
Call with questions.



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MARK YOUR CALENDAR...

May 1-15: 20% Off Purses,
Wallets, & Bags
May 7: Lyme Disease Seminar
(pg 2)

A vertical strip of colorful flowers (pink, yellow, white, blue, red) and green leaves is positioned on the left side of a dark teal background.

happy Mother's day

TAKE 20% OFF ALL PURSES, WALLETS, & BAGS

MAY 1-15

www.NorlandRx.com
(717) 217-6790

*Finally, all of you, live in
harmony with one another;
be sympathetic, love as brothers,
- 1 Peter 3:8*

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