

# Norland Avenue Pharmacy, Compounding Center & Gift Shoppe

WHEN YOU WANT TO BE HEALTHY, STAY HEALTHY, AND SAVE MONEY.



## Norland's Prescription Savings Club

**Norland Avenue Pharmacy is your Solution Center.** We constantly strive to find ways to meet your needs and solve your health related problems and concerns. We are dedicating this issue of our newsletter to sharing with you the solutions we currently offer our customers, including our brand new Prescription Savings Club!

Did you know that the Norland Rewards program just got a whole lot more rewarding? **As a Norland Rewards member you are now automatically enrolled in our Prescription Savings Club.** Through our new Savings Club, members can receive a 90 day supply of many medications for only \$12.99 (stop by the pharmacy or our website for a list of the included medications)!

If you're not a Norland Rewards member yet, have no fear. It's not too late to sign up, and it's FREE. Just ask any of our associates the next time you stop by the store. As a Norland Rewards member, *you will receive a \$5 reward for every \$100 you spend in the store* in addition to being eligible for the Prescription Savings Club.

We know, some of the big box "superstores" are offering a 90 day supply for \$10. And yes, our price is \$2.99 more. **However, over the course of three months that's less than \$1 per month difference.** We think we're worth the extra dollar per month; here's why:

- We offer great, fast, and friendly service.
- We are a family-owned, family-friendly business.
- We are conveniently located.
- We provide easy access parking and a drive-thru.
- We partner with Keystone Health via the 340B program for even greater savings.
- We reward our best customers with money back and special offers.
- We provide personalized pharmacist service.
- We have a nutrition specialist and health educator on staff.



We pride ourselves on being able to partner with our customers to find solutions to all their pharmacy needs. So the next time you are considering going to a "superstore" for their discount, *ask yourself what that dollar per month discount is really costing you.*

**Norland Avenue Pharmacy offers vaccinations year-round including pneumonia and Zostavax (shingles) without a prescription. We offer many others with a prescription, so just ask!**

## Health Information Hub

Updated regularly, our web site is a great source of information. The site has many features that will help you on your road to optimal health. You can use the site to:

- Sign-up to Receive our Free Monthly Newsletters
- Search for Health Conditions and Drug Interactions
- Use Health Calculators to Determine your Body Mass Index, Ideal Body Weight, Target Heart Rate & More
- Order Prescription Refills
- Print Coupons to Use in the Store
- Check Out Our Events Calendar
- Search for Healthy Recipes
- And Much More

[www.NorlandAvenuePharmacy.com](http://www.NorlandAvenuePharmacy.com)

### In this Issue:

**Norland's Prescription Savings Club..... Pg 1**  
**Health Information Hub ..... Pg 1**  
**Diet Dilemmas? Help is Here! ..... Pg 2**  
**Male Menopause? FREE Seminar..... Pg 2**  
**Pharmacist Tip of the Month ..... Pg 2**  
**Compounding Corner: The Best Medicine ... Pg 3**  
**A Prescription for a Healthier Planet..... Pg 3**  
**FREE Hormone Replacement Seminar..... Back**  
**The Journey to Optimal Health ..... Back**

# Diet Dilemmas? Help is here!



Cindy Weidman  
Health Educator

Cindy Weidman joined our team in July 2009 as health educator and food buyer, She has a strong interest in providing information and products to help you along your journey to optimal health.

## She would love to meet with you to develop a personalized plan to:

- Reduce your family's consumption of simple carbohydrates and processed foods,
- Increase your family's consumption of interesting, whole nutrition-laden foods,
- Minimize the risk of passing diabetes or obesity to the next generation,
- Eliminate gluten or an allergic food,
- Minimize chemical or allergen exposure.

## Cindy is experienced in:

- Cooking frugal, appetizing, simple whole foods meals;
- Adapting recipes to accommodate dietary needs like food elimination;
- Offering practical support during dietary changes;
- Providing health information as speaker, facilitator, and writer.



Cindy has researched, taste-tested with our staff, and stocked the yummiest and most affordable healthier foods available. Look for a variety of cheese sticks, juices, salads, fruit, juice sodas, lightly sweetened teas, and flavored waters on the left side of the refrigerator case. Look for snack bars, instant oatmeal, microwave popcorn, nuts, chips, and soups in aisle two. And look especially for plenty of protein, fiber, and other nutrition as an alternative to the typical sugary processed snacks.

**You'll most likely find Cindy in the pharmacy on Tuesdays and Thursdays, so stop by or call (717) 217-6790 to schedule a consultation!**

*"Impossible only means you haven't found the solution yet."*

- Unknown

## Male Menopause? *FREE Seminar*

If you are, or know of, a man over 40 years of age with **cholesterol and/or heart issues or experiencing decreased energy and libido**, the cause may be andropause (aka male menopause). As you get older your body develops a resistance to hormones; therefore, you need a higher level to function regularly.

Dr. Jean O'Connell, MD, is offering a **FREE seminar** titled ***Testosterone Replacement Therapy*** on Monday, April 12th from 7-8pm at Norland Avenue Pharmacy. **Seating is limited, so call today to reserve your spot: (717) 217-6790.**



Debbie Page, RPh

## Pharmacist Tip of the Month!

*Don't be afraid to ask!*

As a pharmacist at Norland Avenue Pharmacy, I want to help you with any medicine related questions or concerns you may have. Helping people is one of the reasons I became a pharmacist in the first place. So, if you have a question or concern, please don't hesitate to ask me or any of the pharmacists on staff. Give us the opportunity to find the right solution to your problem!

## Health Funnies

A man entered a psychiatrist's office and sat down.

"You've got to help me. I'm losing my memory, Doctor," he sobbed. "I once had a successful business, a wife, home and family. But all that's gone now...And it's getting worse. Doctor - it's getting worse!"

"This is not an unusual form of neurosis," the psychiatrist said soothingly. "Now tell me, just how long ago did you first become aware of this condition?"

"Condition?" The man sat up in his chair. "What condition?"

# COMPOUNDING

*“One-Size-Fits-All Prescriptions Not the Best Medicine!”*



Charles Hill, R. Ph.

CORNER

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 60 milligram tablet, but not as a 40 milligram capsule or an 80 milligram liquid. But what if the 40 mg capsule or an 80 mg liquid is better suited to your needs? Guess what – *you'll probably be prescribed the 60 mg tablet, because that's the only way the medicine is available...*

It doesn't have to be that way. At Norland Avenue Pharmacy, our 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 and faster, and with fewer side effects!**

Pharmacy compounding 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 percent 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 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. Through our unique membership in the Pharmacy Compounding Centers of America (PCCA), **Norland Avenue Pharmacy has brought these modern technologies, techniques, and solutions to the south central Pennsylvania area!**

*How can compounding benefit you?* You may be allergic to preservatives or dyes or sensitive to standard drug strengths. With physician consent, we can change the strength of a medication, alter its form to make it easier for you to ingest, or add a flavor. Our compounding pharmacist can prepare unique delivery systems such as a lozenge, lollipop, or transdermal gel (which simply means it enters the body through the skin). If you have difficulty swallowing pills, we can make a suspension (liquid) instead. In essence, *our compounding pharmacist can work with you and your physician to make the medication specific to your unique needs. A customized solution. No more one-size-fits-all limitations!*

*What kinds of prescriptions can be compounded?* Almost any kind. 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. **To learn more stop by or call (717) 217-6790.**

## A Prescription for a Healthier Planet: *How to Dispose of Unwanted Meds*



Medicines play an important role in treating certain conditions and diseases, but they must be taken with care. *Unused portions of these medicines must be disposed of properly to avoid harm to wildlife, pets, and people.*

**Many pharmaceuticals are getting past our waste water treatment plants and getting into our drinking water.** Scientists with the United States Geological Society conducted a study of over 130 rivers, streams, and other waterways in the U.S. and found the following pharmaceuticals in over 80 percent of those tested:

- Antibiotics
- Anti-depressants
- Birth control pills
- Seizure medication
- Cancer treatments
- Pain killers



- Tranquilizers
- Cholesterol-lowering compounds

**Our prescription for a healthier planet is Norland's Rx Disposal Solution.** You simply drop off your unused and unwanted prescription and non-prescription drugs, inhalers, diabetic needles, syringes, and vials at our pharmacy. We take them and place them into a secure bin. Please note, only licensed pharmacists and assistants handle the pharmaceuticals.

When the bin is full, we send it off to be incinerated. This method of disposal keeps the pharmaceuticals from seeping into our water system, and *the company that incinerates the pharmaceuticals creates energy that is used to power homes and businesses.*

***Another problem solved only at Norland Avenue Pharmacy!***

Free Seminar for Women Only

## “Suffer from Mood Swings? PMS? Hot Flashes? Think You’re Just Getting Older? Think Again...”

Find out how hormone balance issues affect you at this FREE seminar presented by registered pharmacist Charles Hill. At the seminar on Monday, April 26<sup>th</sup> from 7-8pm at Norland Avenue Pharmacy, you’ll learn:

- How to control hormonal irregularities and associated symptoms (like PMS) *without* birth control pills.
- About the hormone link to some depressions and why anti-depressants may not be the solution.
- Why Bio-Identical Hormone Replacement Therapy (BHRT) may be an option for those at risk for cancer and heart disease.
- How hormones can be tested and which option may be preferable for your situation.
- *And much more!*

**The seminar is FREE, but seating is limited, so reserve your spot now: (717) 217-6790.**

# The Journey to Optimal Health



We recognize that many of you are interested in reaching **optimal health** but don’t know the best route to take to get there. Tracie Roles, our full-time nutritional specialist, can be your guide.

After taking her first prenatal vitamin, her passion for vitamins and supplements ignited. She learned then how important it was to give her unborn baby the proper care and nutrition to be born healthy and decided to continue her educational journey to help herself and others stay healthy by taking vitamins and supplements everyday.

Our culture today makes it very difficult for you to get all the nutrients you need from food alone. And, *there is often a natural alternative to common ailments like Irritable Bowel Syndrome (IBS) and allergies that work great with less side effects.* **Tracie is available to answer your questions and direct you to those natural solutions.**

Feel free to ask for her when you’re in the store. Or, if you would like to schedule a nutritional consultation with Tracie, call us at (717) 217-6790.

Return Service Requested

Norland Avenue Pharmacy  
757 Norland Avenue, Ste 105  
Chambersburg, PA 17201

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