



**SPECIALTY MEDICINE  
COMPOUNDING PHARMACY**

**Specializing in Custom  
Compounded Medications**

# Competent Compounding

August 2010

Michael Anderson, PharmD (cand)

## Hormones and Hors D'oeuvres



By now many women have heard of or are using bio-identical hormone replacement therapy to treat their menopausal symptoms. These women have found that compounded prescriptions of bio-identical hormones, in strengths that are individually tailored have brought them relief beyond what the regular prescription medications offered them.

Allow us to introduce our new program, Hormones and Hors D'oeuvres! Invite Pharmacist and owner of Specialty Medicine Compounding Pharmacy, Kenny

Walkup, to join you and 8 or more guests in your home, office, church or anywhere else for an informative evening about the benefits of bio-identical Hormone Replacement Therapy. Kenny will teach you and your guests all you need to know about hormone balance, the process of menopause, how bio-identical hormone therapy (BHRT) works to lessen the symptoms of menopause and how to talk to your doctor about BHRT.

Dates are already being reserved so call or email Kenny today to set up your own Hormones and Hors D'oeuvres party for you and your guests!

## Summertime Ailments

Its summer, the season for family vacations, weekends at the campground, and trips to the pool. As you and your family are enjoying your summer months, many people find summer biting back. Whether its a sprained knee when dad decides to start running again or the swimmer's itch the kids got at the lake, Specialty Medicine Compounding Pharmacy is here to help you get the most out of your summer.

- With the great weather of summer comes the increased outdoor activity and the desire to play. Many people find themselves injured when they play too hard at an activity they're not used to. Tennis elbow, a sprained knee from waterskiing, and other deep, persistent aches sometimes require serious pain medications. Don't want to take those heavy painkillers? Get quick relief from one of our topical, deep penetrating pain gels.
- Has your family been spending time at the lake? A lakeside ailment to keep an eye out for is swimmer's itch. This red, pinpoint rash is not a serious risk to your health but can be a serious bother to you or your kids! This rash occurs when a larval parasite confuses a human being for its normal host and tries to burrow into the skin. The body will fight off the parasite without a problem however, the itching could drive one crazy!
- When playing in the woods, you'll almost always come across poison ivy and kids seem to be attracted to it! The rash and blistering from poison ivy is due to contact with its oil, which can remain active for a year or so. Poison ivy rash, or dermatitis, can take up to 48 hours to develop in a contacted area. This can cause people to believe that the oil is spreading when in fact the rash is developing in the order of the initial contact. It is also a common misconception that the fluid from broken blisters can transfer the rash when it can not. So when someone in your family gets into some poison ivy, talk to your doctor about the itch and pain relief you can get from a cream or ointment specially made for you by Specialty Medicine Compounding Pharmacy.



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•Warts are another common summer nuisance. Warts thrive in warm, wet environments such as the deck at your community pool. A viral infection of the skin, warts can be very difficult to treat and remove. The best medicine when it comes to warts, is prevention! Have the kids wear sandals at the pool and don't forget to wash those feet afterward. If you or your children do get a wart, you may find it difficult to remove with over-the-counter remedies and cryotherapy or laser removal can be expensive. Talk to your doctor and have our wart remover made custom made for you.

## NEW PRODUCT: ITCH GEL

Stop by Specialty Medicine Compounding Pharmacy and pick up Kenny's new Itch Gel. Specially compounded for a camping trip with his daughter, this formula provides you with immediate relief from the itching associated with bites from those monster mosquitos and will work equally well against the itching from your family poison ivy outbreak. The 25 gram tube is great for your purse, tacklebox or car while the 50 gram tube is a staple for anyone's first aid kit. Pick up a tube of our itch today!



## NEW SUPPLEMENTS: NORDIC NATURALS FISH OIL AND KIDS VITAMINS

Fish oil or omega-3 fatty acids are a great nutritional supplement that are valued for their benefits on cardiovascular disease, high cholesterol/triglycerides and their anti-oxidant, anti-thrombic and anti-inflammatory uses. Many people already use Fish oil supplements but many more have tried to start and stopped. The key objection to oil supplements has always been the fishy taste and after-taste, until now. We would like to introduce a new, great-tasting product line we will be carrying called Nordic Naturals.

The Nordic Naturals has been producing quality fish oil supplements as their core product since 1995. Driven by the latest science, while maintaining environmental responsibility, "Nordic Naturals' mission is to deliver pure and great-tasting omega fish oils that promote optimal health and wellness."

Starting with exceptional and sustainable raw material, Nordic Naturals uses a multi-patented manufacturing process without using chemicals or excessive heat to produce pure and preserved oils. Since there is no government standard in the United States, Nordic Naturals adheres and surpasses global standards for fish oil quality and has no detectable lead or mercury when tested 10 times below the industry standard. Their proprietary enzymatic and oxygen-free process, with natural fruit essences in both the soft gel capsule and oil, allows for Nordic Naturals' products unsurpassed taste.

At Specialty Medicine Compounding Pharmacy we support the use of dietary supplements as a means to a healthy, happy life. We will be carrying Nordic Naturals Arctic Cod Liver Oil, DHA Junior Natural Omega-3 , and Nordic Berries Multivitamin Treats. We've tried them all and they do taste great! Stop in and get your Nordic Naturals supplements today. FREE samples are available.



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