

# SAND RUN PHARMACY

40 Sand Run Rd  
Akron, OH 44313  
(330) 864-2138



October 2012

## What is the Swine Flu?



The swine flu (H3N2v) is an influenza virus that is not normally found in humans, but occurs when the virus is passed from pig to human. It is not a typical human seasonal flu virus, but produces symptoms similar to the traditional flu, such as fever, drowsiness, lack of appetite, and coughing. It is important to remember that children under the age of 5, pregnant women, people 65 years and older, as well as people with weakened immune systems are at a much higher risk for infection.

Limited person-to-person spread has occurred with this virus, but it is possible to be transmitted through human contact. It is not believed to be transmissible through eating properly handled and prepared pork or other products derived from pigs. Mainly, the swine flu has been shown to spread when humans unknowingly inhale droplets that are produced

from a cough or sneeze of an infected pig. It is also possible to become infected if you touch an object that is infected and then touch your own mouth or nose.

### How Can I Protect Myself?

Everyday preventive actions are the best way to ward off infection from the swine flu. Washing your hands often with soap and water is important, especially after coughing or sneezing. Remember to always cover your nose and mouth with a tissue when you cough or sneeze, and dispose of it immediately. Also, avoid touching your eyes, mouth, and nose whenever possible.

### Commonly Asked Questions

#### ***Does the regular flu shot prevent swine flu?***

The yearly influenza vaccine provides protection against a combination of three viruses that are predicted to be the biggest contributors to illness during the upcoming flu season. It is recommended by the CDC that everyone over the age of 6 months receive a flu vaccine, but this year's seasonal vaccine is not designed to protect against H3N2v. Early steps to make a vaccine against H3N2v have been taken.

#### ***Will I get the flu from the flu vaccine?***

No, the flu vaccine is an inactive virus, and cannot give you the flu. It is important to remember that in the first two weeks after receiving the vaccine, you can still be infected with the flu while your body builds up protection against it. Always take the necessary preventive measures to reduce your risk of becoming infected with the flu.

#### ***Can I receive my flu and pneumonia vaccines at the same time?***

Yes, the flu and pneumonia vaccines can be given together.

#### ***What about my vaccine against the shingles?***

You can receive your shingles vaccine on the same day as the flu vaccine, but you cannot receive your shingles and pneumonia vaccines together. Remember, you need a prescription from your doctor before coming to the pharmacy for a shingles vaccine.



## What is Hormone Replacement Therapy?



If you are a woman over the age of forty that experiences difficulty sleeping, hot flashes, mood swings, vaginal dryness, or pain with intercourse, you may be going through menopause.

Menopause is a normal part of aging that usually occurs in women between the ages of 45 and 55 years old. During this time, hormone production of estrogen and progesterone decreases, leading to such symptoms.

For many women, simple lifestyle changes may be enough to manage these symptoms. Dressing in layers, sleeping in a cooler room, avoiding alcohol and caffeine, stopping smoking, and using vaginal moisturizers or lubricants are some examples that may help. If symptoms are still bothersome, discussing other options, such as hormone replacement therapy, with a doctor may be necessary.

Hormone replacement therapy uses estrogen to treat moderate to severe symptoms. There are several forms of estrogen on the market and the proper type should be chosen based on personal symptoms. Estrogen

replacement may be used alone only if a patient has had a hysterectomy. If a woman still has a uterus, she must also take progesterone or progestin (a synthetic progesterone). Progesterone will help prevent the uterus from thickening and lowers the risk of developing uterine or endometrial cancer.

When deciding on whether HRT is a good option, you should discuss with your doctor all relevant personal and family history. Women with a history of heart disease may need to consider options other than hormone replacement therapy. Women who have had a stroke, heart attack, blood clot, or certain types of cancer (breast, ovarian, or uterine) should not use hormone replacement therapy.

Hormone replacement therapy is an effective treatment for most menopause symptoms but does not come without risks. Estrogen + progesterone use may increase the risk of stroke, blood clots, heart attack, gall stones and breast cancer in certain patients. These risks may be decreased with other lifestyle modifications or short term use of hormone replacement products. Like all medications, the risks and benefits must be carefully considered before deciding that hormone replacement therapy is the best option.

Common side effects of hormone replacement therapy are breast soreness and

tenderness, irregular bleeding, bloating, headaches, mood swings, water retention, and nausea. Working with the doctor to change the dose or form of hormone replacement therapy may help lower or eliminate these side effects. If allergies to available manufactured products are an issue, bioidentical hormone replacement therapy (BHRT) may be an option. With a valid prescription from a doctor, Sand Run Pharmacy is able to compound BHRT capsules, troches, dissolvable tablets, and creams to meet specific needs. Bioidentical hormones include estrone, estradiol, estriol, progesterone, and dihydroepiandrosterone (DHEA) that are similar to the hormones produced naturally by your body.

Hormone replacement therapy may be an appropriate treatment option for bothersome menopausal symptoms and come in a variety of forms. It is most safely used in patients younger than 60 years old who have entered menopause in the past five years. HRT should always be used for the shortest time possible with evaluation of need for drug therapy every 3-6 months. When it is determined that hormone replacement therapy is no longer needed, it should be discontinued slowly and under the supervision of a doctor. The pharmacists here at Sand Run Pharmacy are always available to help answer any questions about menopause and treatment options.

## Why Do You Choose Sand Run Pharmacy?

**“Their attention to detail and the services that they offer far exceed those of the larger chains, and in addition to the great service my mom is saving money on her prescriptions.”**

**-Adrienne S.**

**Email why you like us at [pharmacist@sandruncharmacy.com](mailto:pharmacist@sandruncharmacy.com)**

### October is National Pharmacist Month!

Stop in today if you have any questions about prescription or over the counter items and see what else our Sand Run Pharmacy Pharmacists can offer!

## List of Events

October 5  
A Day For Seniors  
Summit Mall  
8am-3pm

