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## Filling Prescriptions: What You Should Know

With the ever changing pharmacy world, having a prescription filled is not always as easy as you would like it to be. Here are some tips that may help things go a little smoother.

**Give Notice if Possible:** The cost of several prescription drugs has sky-rocketed, and there are more drug shortages recently than in the past. This makes keeping certain prescriptions on hand very difficult for any pharmacy to do. If you know that you are going to need a refill, or if you know that you need a large quantity of a medication, let the pharmacy know at least three days before you need it. That will allow us time to order in the drug if needed and will eliminate the need for us to owe you medication.

**Electronic Prescriptions Aren't Immediate:** Many physicians are sending your prescription to us electronically. Unfortunately, for many reasons, the prescription doesn't always come through as fast as you would think. Sometimes there might be a miscommunication at the doctor's office and it doesn't get sent, other times it gets delayed in the system, and sometimes it gets sent to the wrong pharmacy. Don't assume that we have your prescription prior to your arrival at the pharmacy. When you get to the pharmacy, let us know why you are here, what prescription you are expecting, and whether you will be waiting for it.

**Patients Waiting at the Pharmacy are Our Priority.**

**Prior Authorizations May Need Your Attention:** Some insurance companies require prior authorizations from your physician before covering certain prescriptions. As a pharmacy, we will reach out to you and your doctor to let them know that a prior authorization is required. However, you may need to follow-up with your doctor's office to ensure that they provide the insurance company with the necessary information. We can't move forward without it.

**By Law, Generics Must be Used:** We must fill your prescription with the generic version if one is available. If you require the brand name, the doctor must hand-write "Brand medically necessary." on the prescription. If you, as the patient, request the brand while you are at the pharmacy, your insurance company may charge you a higher price than if your physician hand-writes "Brand medically necessary." onto the prescription. It must be hand-written, not typed.

**Controlled Substances May Only be Filled Two Days Early:** In an attempt to keep patients from abusing controlled substances, the pharmacy will only fill a prescription for a controlled substance two days early. Patients must also show a

valid photo ID when picking up a controlled substance.

**Plan Ahead for Vacation:** If you know you will need to fill a prescription early because you are going away on vacation, you will need a vacation override from your insurance company. Please let the pharmacy know three to five days in advance so that we can work with your insurance company to work out the details.

**Ask for Help Managing Multiple Prescriptions:** Whether all the prescriptions are for you, or you are managing multiple prescriptions for different family members, we can help you out by synchronizing the prescriptions to fill at the same time and by initiating the refills for you. We do this through our RxSync program, and it's FREE! See page three for more details.

**Take Advantage of Technology:** You can order prescription refills in the store, via phone, or even on our website. If you provide us with your cell number, we can text you when your prescription is ready to be picked-up. No more wondering if it is done or not.

**Compounded Prescriptions Take More Time:** Because compounded prescriptions are custom made in our lab, they require more time to fill than a regular prescription. Please be sure to allow sufficient time (two business days, not including weekends).

**We want to make things as easy for you as possible. Please let us know if you have any questions.**



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# A Closer Look: Magnesium



Magnesium is involved in over 300 enzymatic reactions in your body and found in all your bones and tissues. People with magnesium deficiency are twice as likely to die from a cardiovascular event.

Many Americans are deficient and don't know it; in fact, some consider it the most common nutrient deficiency.

Magnesium is non-toxic and is known as the relaxation mineral because it relaxes everything. Magnesium is known to maximize heart health by decreasing blood vessel constriction, improving muscle strength and endurance, relaxing electrical impulses, encouraging calmness, maintaining the normal rhythm of your heart, metabolizing fats and carbohydrates for energy production, and increasing HDL (good) cholesterol.

Causes of magnesium deficiency include stress, food processing, artificial fertilizers, excess alcohol, caffeine and sugar intake, and drug induced depletions. Many medications deplete magnesium in your body including omeprazole and diuretics. What you may not realize is that standard blood tests are not the best assessment for magnesium deficiency and many of the common magnesium supplements on the market have a very low bioavailability including magnesium oxide and magnesium chloride.

Common issues where magnesium can be of benefit: anxiety, neck and back pain or spasm, depression, fatigue, insomnia, irritability, memory loss, muscle cramps, soreness or twitches, restless legs, and more. The average person should consume about 300mg daily, although there are many indications where you could go higher (like the possible medication induced depletions mentioned above). If you have severe heart or kidney disease, you should speak to your doctor first

Our favorite ways to supplement are through food (spinach, kelp, almonds, cashews, brazil nuts, dulse, hazel nuts) and Pure Magnesium Glycinate. We like this supplement because the format makes it easy for your body to absorb and use. Take at least one capsule, twice daily with a maximum of 10mg/kg per day (for instance, a 150 pound person is 68kg, so they may actually need 600-700mg per day which is 4-5 capsules). Please stop in and ask any questions you may have!



*"I wanted to let you know that your advice about using magnesium glycinate to help alleviate my restless leg problem and my insomnia has been like a miracle cure! I have used a variety of products to help me sleep, including lorazepam and pramipexole. I quit taking them a little over two weeks ago when I started using the magnesium glycinate. From the first night, I have not had any problems with either of my 'conditions.' I am sleeping really well and the aching in my calf muscles is gone too! I cannot thank you enough for your advice. I truly appreciate your knowledge about vitamins and minerals. After years of struggling with insomnia and restless legs, I am so grateful for you!"*

**All-in-One HAPPY TIMES Parachute Hammock with Tree Straps, Paracord, & Carabiners**  
**Assorted Colors \$79.99**



New and Trendy! **Happy Times Parachute Hammocks** come complete with Tree Straps, Paracords, and Carabiners so you can hang your hammock up to 18 feet between two solid anchors like trees! Happy Times Hammocks are light-weight, durable, and hold up to 400 lbs. Perfect for travel, camping, hiking, or just hanging out in the backyard. Purchase as a gift of for yourself this summer!

## Proverbs to Live By

### Reach Out to Those in Need

*Proverbs 14:21 – He who despises his neighbor sins, but blessed is he who is kind to the needy.*

*Proverbs 19:17 – He who is kind to the poor lends to the Lord, and he will reward him for what he has done.*

When you are kind to those in need a double blessing occurs. Those in need are blessed and the Lord promises to bless you for being kind to them.

Here is what Jesus said about helping the needy:

*Matthew 25:45 – He will reply, “I tell you the truth, whatever you did not do for one of the least of these, you*



# FEATURED COMPOUND

## Treatments for Hemorrhoids

At Myers Drug, we look for solutions for you. This month we'll look at some unique formulas we've used for hemorrhoid sufferers. Hemorrhoids are small veins that become enlarged and swollen around the rectum and anus. The rectum is the final or lowest part of the large bowel, and is surrounded by a circle of muscle that stretches and then tightens to force the solid waste products of digestion (feces or bowel movement) down and out through the anus, the small opening through which the solid waste passes out of the body. Veins around the rectum and anus often swell and become inflamed, develop small blood clots, and cause minor bleeding.

The two major types of hemorrhoids are external and internal. External hemorrhoids develop under the skin, just outside the opening of the anus. They may cause pain and itch, especially during a bowel movement, and they are often tender to the touch. Internal hemorrhoids are found further up, inside the rectum and while these hemorrhoids are often not painful, they can be pushed out through the anus (prolapsed). If that happens, they can become quite painful.

In our compounding center, we're able to make a nifedipine/lidocaine gel some area physicians have found useful in treating painful hemorrhoids. In addition to this, a unique suppository mold we refer to as "The Rectal Rocket" was designed for the hemorrhoid patient so that part of the suppository is inserted into the rectum to treat internal hemorrhoids, while the larger flared end of the suppository remains on the outside to treat external hemorrhoids. This unique design makes all the difference.

These are just two examples of the many ways we're able to provide unique solutions to your individual healthcare needs. If you would like more information on solutions from our compounding center, please stop by or give us a call.



## Simplify, Synchronize

If you're taking multiple medications every month, or if you have multiple family members that each get a monthly prescription, our FREE RxSync program can simplify your life! The RxSync Program is designed to streamline and simplify medication management for patients by synchronizing all of your maintenance prescriptions to be filled once monthly, providing the ongoing service of refilling those prescriptions each month for your convenience and guaranteeing the personalized attention you deserve.

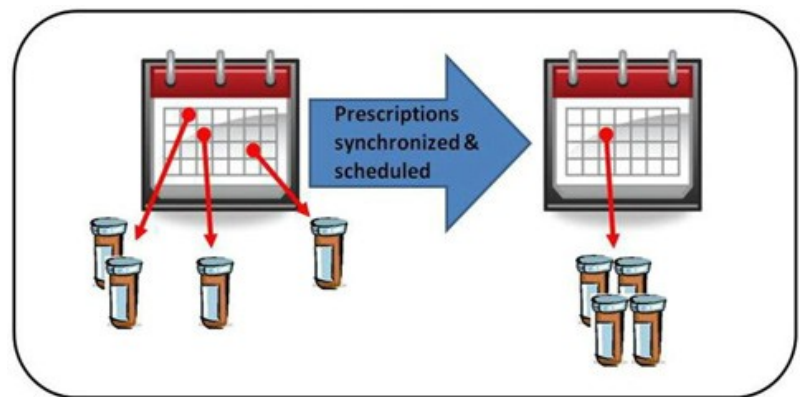
**Once and done.** Come to the pharmacy just once a month to get all of your medications or all of your family's medications. Or, if you have four or more prescriptions, we will deliver them for FREE within city limits. Our trained staff will work with your physicians to have all the prescriptions synchronized to fill on the same day each month.

**No owes.** All of your medications will be in stock and ready on your scheduled date.

**Personal touch.** Prescriptions are processed by a person, not a computer!

**Friendly reminders.** We'll let you know if you need new prescriptions from your doctor for next month's fills.

By enrolling in the RxSync Program, you request Myers Drug to synchronize each of your prescriptions and refill them each month to be ready for you on your RxSync refill date. In addition, you request any new medication to be filled with the number of doses to match up with your RxSync refill date. In return, we promise you a personalized phone call from a pharmacist each month to review your medications so that we only fill what you need and so that your refills are ready when you are. Remember, we will work with you and your prescriber to obtain refills in advance—no worry, no wait!



***Better than any other prescription refill program available! Stop by or call in today to sign up!***



## Arthritis Pain... Stop Further Deterioration

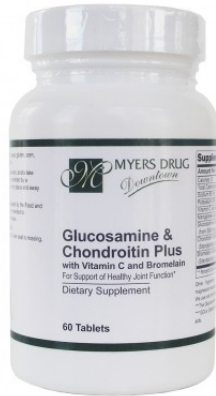
Sharon Conley

If you suffer from arthritis pain, you should find something that will bring you **symptom relief**. However, make sure you're also treating the **cause of the pain**. Osteoarthritis attacks and deteriorates your joint cartilage. Nutritional supplements that help your body rebuild and replace cartilage can stop further deterioration and, at the same time, offer you support and relief.

Studies show that **Glucosamine reduces joint pain and slows the progression of osteoarthritis** by stimulating the cartilage to rebuild. Working in a similar way, **Chondroitin shows good evidence of reducing the pain associated with poor joint function and may even help slow down cartilage breakdown**.

We recommend **Glucosamine & Chondroitin Plus**. With both Glucosamine and Chondroitin in one pill, this is an ideal supplement for osteoarthritis sufferers. Stop in to find out more.

And, if you need help with symptom relief, be sure to try our best selling solution **Orthogel**.



# 20% OFF

## ONE REGULARLY PRICED NUTRITIONAL SUPPLEMENT

One coupon per customer. In store only.  
Good through July 31, 2016.



*“The minute anyone’s getting anxious I say, you must eat and you must sleep. They’re the two vital elements for a healthy life.”*

- Francesca Annis



## THE BEST MEDICINE

Q. Why do hens lay eggs?

A. Because if they were throwing them, they would break.

Q. How did the farmer meet his wife?

A. He tractor down.