

West Grange Pharmacy wants your family to be healthy as your students head back to school!



Health matters to us at West Grange Pharmacy. We work hard every day to help ensure that our valued customers enjoy productive, healthy lives. Health Matters Monthly is an e-newsletter designed to keep you in the know and up to date about brand name and generic medications, side effects, drug disposal, the latest medical treatments, and lifestyle trends and topics that can benefit you and your family. You'll hear directly from our pharmacists and also receive special offers and money-saving coupons. Here's to your good health! Your West Grange pharmacists (left to right) Manda Fernandez, Jim Giordano and Rachel Henegar are always available to answer your questions and address your concerns.



Ask the Pharmacist

The directions on my pain medication read, "Take one to two tablets every 6 hours as needed for pain." Should I start with one or two tablets?

In most cases a patient should start with one tablet, especially if the patient has not taken the medication recently. It is safer to take another tablet after the first one has had time to take effect than to take two tablets and have serious side effects. With most pain medications, the pain relieving effect should kick in after 30 minutes to an hour. If the patient still has pain at that time, another tablet or half tablet may be necessary, if that is how the directions read. Don't take more tablets than your doctor has recommended and check if your medication can be cut in half. If you have questions about how to take your pain medication, be sure to ask one of our pharmacists.

Did You Know?

Last month's question: Is poison ivy rash contagious?

Answer: No, the rash from poison ivy, poison oak, or poison sumac is NOT contagious. However, the oil from the plant, called urushiol, likes to hang around on clothing and other objects that come in contact with the plant. If a family member has a rash from poison ivy, be sure to use care when handling clothes, shoes, etc, because the oil may still be present and can still cause irritation on a different individual. The individual who originally contracted the rash does not need to be quarantined. For more information, visit the [Mayo Clinic website](#).

This month's question: How many pneumonia vaccinations are recommended for adults 65 years of age or older?

Dose of Reality

Antidepressant use is on the rise in the United States. In a study published by the U.S. Centers for Disease Control and Prevention (CDC) in August 2017, 13% of Americans interviewed in the years 2011-2014 reported using antidepressants. In contrast, only 8% reported using antidepressants in 1999-2002. Over 19% of those over 60 years old reported using antidepressants, the highest of all age groups. For more information on the study, visit the [CDC website](#).

If you have questions about your antidepressant or about starting or changing therapy, please ask one of our pharmacists. We'll be glad to answer your questions, and communicate with your prescriber if necessary.



Prescription for Living Well

Pharmaceutical manufacturer GSK has announced that it will not longer produce Tanzeum® (albiglutide) injection. Tanzeum® is injected once weekly to help control type 2 diabetes, but is not insulin. GSK says that this difficult decision was not made due to safety issues, but rather lack of prescribing. Pharmacies and wholesalers will be allowed to dispense and sell their remaining inventories of Tanzeum®. GSK expects that the current supply will be exhausted in June 2018. If you are currently using Tanzeum®, please contact your prescriber to discuss alternatives. For more information, visit the [GSK website](#).



Pharmacy 411

New generics are now available!

Transderm Scōp® is a slow release patch containing scopolamine. It is designed to be worn behind the ear for 72 hours and then removed and another patch applied. It is approved to prevent nausea and vomiting from motion sickness and after surgery. It is also used to decrease secretions in hospice patients at the end of life.



Renvela® (sevelamer carbonate) is now available as a generic. Sevelamer binds phosphate to control phosphate levels in patients undergoing dialysis with chronic kidney disease. A generic is especially welcome as many patients can use six or more tablets per day to achieve the desired phosphate blood levels.

Lialda® (mesalamine) is also available in a generic version. Lialda is approved to treat ulcerative colitis. Mesalamine is thought to work as an anti-inflammatory in the colon. The tablets are designed to begin releasing the medication toward the end of the GI tract to provide targeted treatment.

Vigamox® (moxifloxacin) eye drops now have an approved generic version. Moxifloxacin is a fluoroquinolone antibiotic. Vigamox eye drops are approved to treat bacterial eye infections.

Epiduo® gel for the treatment of acne now has a generic available. The gel contains adapalene 0.1% and benzoyl peroxide 2.5%. The adapalene is a retinoid, which unclogs pores and decreases the redness and inflammation of pimples. Benzoyl peroxide is an antimicrobial which kills the bacteria that cause breakouts and helps prevent new breakouts. The manufacturer of Epiduo® has also released a stronger version of this combination, called Epiduo® Forte, containing 0.3% adapalene and 2.5% benzoyl peroxide. Unfortunately, Epiduo® Forte does not have a generic version yet.

Several new generics are welcome news for patients who want to save money on their prescriptions, while still receiving quality pharmaceuticals!

An Ounce of Prevention

Antibiotic resistance is a scary reality. Overuse of antibiotics has led to bacteria that can't be killed by many antibiotics available on the market today. The World Health Organization (WHO) has taken a step to help decrease the improper use of antibiotics. In June 2017, the WHO released a new classification for antibiotics that should be reserved for life threatening infections caused by multi-drug resistant bacteria. The WHO also listed antibiotics that should be watched, meaning their use should be significantly decreased. The RESERVE and WATCH lists were published in conjunction with their list of medications that they feel should be available to all individuals to ensure effective public health programs in all countries. For more information on the WHO Essential Medicines List (EML), visit the [WHO website](#).



You can do your part to prevent antibiotic resistance by limiting antibiotic use to situations where antibiotics are absolutely necessary. Infections such as the common cold will not be cured by an antibiotic because it is caused by a virus. Antibiotics only treat infections caused by bacteria. Rest and fluids plus symptom management are often the best course of treatment for a common cold. For more information about preventing antibiotic resistance and treating the common cold, visit the [U.S. Centers for Disease Control and Prevention](#).

Over The Counter Cures

September means Back to School! West Grange Pharmacy carries many of the supplies you need to send your students back to school or off to college. We stock school supplies, hand sanitizer, tissues, wipes, baggies, paper plates, and many other items on your child's school supply list. Ask one of our helpful employees if you need assistance finding any of your required Back to School items.



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