

Celebrate THE HOLIDAYS

Season's greetings to you and yours!

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

I've heard rumors about West Grange Pharmacy closing! What is going on?

West Grange Pharmacy is NOT closing! We intend to be in Trenton to serve you and your family for a long time. Sav-On stores in the area, including the Grosse Ile and Woodhaven locations, have been sold to CVS. Sav-Mor does not own West Grange Pharmacy, nor did it own the Sav-On stores. Sav-Mor is an advertising co-op whose name has been used for that purpose.

West Grange Pharmacy welcomes customers from the Grosse Ile and Woodhaven Sav-On stores! Stop in, meet our staff, ask questions. We are excited to meet new friends and serve your family's pharmacy needs! And tell your family and friends... West Grange is still open and ready to help you with medications and non-prescription products and other items, like our amazing gift section!

Thank you to our current customers who have been patient during the recent issues with our phone system. We have had the phone company and the computer company working on our phone system so that we can communicate with you and your doctor's office in a timely and effective manner.

The pharmacists and staff at West Grange Pharmacy are honored that you trust us with your family's pharmacy needs.

Did You Know?

Last month's question: What is the deductible for Medicare Part D in 2018?

Answer: The deductible for Medicare Part D in 2018 is \$405. A Medicare Part D plan does not HAVE to charge a deductible that a patient must pay before coverage starts. However, if the plan does charge a deductible, it cannot be any more than \$405 in 2018. For more information visit www.medicare.gov.

Remember — open enrollment for Medicare for 2018 ends December 7, 2017 — just a few days away. If you are looking to change Medicare Part D plans, act quickly!

This month's question: What is MedSynch?

Prescription for Living Well

The University of Michigan is making progress on a technique to custom print medications on a dissolvable strip, microneedle patch, or other drug delivery system. This new technology uses organic vapor-jet printing and has numerous medical uses. It can be used to customize drug regimens into a smaller volume for patients who take multiple medications. It may also allow for further development of drugs that were rejected previously because they were not soluble enough. New ways for patients to take medication are exciting, because not every patient can swallow a tablet or capsule. For more information on this exciting new technology, visit the University of Michigan on line.

Pharmacy 411

New generics are now available!

Tamiflu® suspension (oseltamivir) is now available. Oseltamivir is approved to treat influenza infection. Generic oseltamivir was available in a capsule during last year's flu season. But a liquid version will help with dosing children who have influenza and for other patients who have trouble swallowing a capsule.



Also available is a generic for Coreg CR®. This is the extended release capsule version of carvedilol. It is approved to treat heart failure, left ventricular dysfunction after heart attack, and high blood pressure. Carvedilol works by blocking both alpha and beta receptors in the heart and blood vessels. The generic immediate release tablet version of carvedilol has already been available.

While both of these medications have been available as a generic previously, generic versions of different dosage forms help with lower costs for patients who can't swallow tablets or capsules or who need an extended release formulation. New generics are just good news!

An Ounce of Prevention

A new vaccine to prevent shingles has been approved. Shingrix® is different from the previous shingles vaccine, Zostavax®, for a variety of reasons. Studies of Shingrix® show it to be up to 90 percent effective in preventing shingles which is higher than Zostavax®. Shingrix® is a recombinant vaccine that does not depend on attenuated live virus to produce immunity, like Zostavax®. This also means that Shingrix® can be stored under refrigerated conditions, not in a freezer like Zostavax®, which makes shipment and storage easier. Shingrix® does need to be administered in two doses with the second dose being given 2 to 6 months after the first dose. For more information about Shingrix®, click on [the press release](#).



Shingrix® is not yet available for shipment to West Grange Pharmacy. But we are keeping an eye out for our first shipment of this exciting new vaccine.

Over The Counter Cures

The joy of the holidays is upon us. Celebrations with family and friends involving delicious food can leave you with stomach problems, diarrhea, or constipation. While moderation and healthy choices when eating at parties is the best way to prevent digestive troubles, sometimes we just get carried away when presented with seasonal treats that look and taste so good. West Grange Pharmacy carries a variety of products available without a prescription to help your digestive system this holiday season.

Nexium® 24HR, Pepcid AC®, Prevacid® 24HR, and Prilosec OTC®, Tagamet HB 200®, Zantac®, and Zegerid OTC® are all medications that decrease the amount of acid the stomach produces, although by different mechanisms. All of these products used to be available by prescription only, but can now be purchased without a prescription for short term relief of excess stomach acid. Tums® chewable tablets are still available in a variety of flavors for quick relief of excess stomach acid (and they are a good source of calcium, as well!). Maalox® and Mylanta® antacid liquids contain three ingredients to help with excess stomach acid and gas.

West Grange Pharmacy also carries a wide variety of probiotics to help replace good bacteria in the intestines, especially for patients who are taking antibiotics.

We also carry those remedies that you have depended on for years, including Pepto-Bismol®, Metamucil®, Imodium®, and others.

If you have questions about which product is right for your condition, please ask one of our pharmacists. And if you are looking for a product that we don't have on our shelves, we would be glad to special order it for you, then call when it arrives.

Generic versions of most of these products are also available to provide relief with the same reliability as the brand name products PLUS a savings that is always welcome around the holidays!

A Dose of Reality

When Hurricane Maria hit Puerto Rico at the end of September 2017, it disabled several pharmaceutical manufacturing facilities on the island. This could mean shortages of medications for patients in the United States. Saline solutions for IVs have been hardest hit during the past weeks. Be assured that West Grange Pharmacy will continue to work diligently for our patients to be sure you and your family have the medications you need, when you need them. For more information about the pharmaceutical shortages caused by Hurricane Maria, visit the [FDA website](#).

