

BE HEALTHY, STAY HEALTHY

A MONTHLY GUIDE DESIGNED TO HELP IMPROVE QUALITY OF LIFE.

MAY 2024

ADDRESSING SEASONAL ALLERGIES

Spring brings excitement as the warm weather beckons you to return to the great outdoors. However, for many of you, the spring weather also brings with it pollen and seasonal allergy symptoms that make you want to hide inside with the windows and doors shut tight. Seasonal allergies—also known as hay fever—result in symptoms like itchy, watery eyes; sneezing; stuffy nose; sore or itchy throat; congestion; and headache.

STEP 1: The first step in addressing seasonal allergies is to find the best allergy medicine for you and your symptoms.

Antihistamines: These are a great first step in relieving seasonal allergies. They work by blocking “histamine,” which is a chemical released by your immune system when your body detects something harmful. In the case of seasonal allergies, your immune system is overreacting to certain allergens when it releases histamine. And that overreaction is what causes all those allergy symptoms.

There are several brands of oral antihistamines on the market. Some, like Benadryl, are very effective at reducing allergy symptoms but can cause drowsiness. Newer medications such as Claritin, Allegra, Xyzal, or Zyrtec have reduced these side effects. There are also generic versions of these brands that are just as effective but less expensive.

If itchy, watery eyes are your problem, antihistamine eye drops like Zaditor (ketotifen) and Pataday (olopatadine) are available to help.

Nasal Steroid Sprays: Sprays like Flonase and Nasacort work well with antihistamines, helping bring down the inflammation in your nose and sinuses to relieve congestion, runny nose, sneezing, and watery eyes.

Unlike decongestant nasal sprays such as Afrin or Sinex, nasal steroid sprays can be

used once or twice a day over the course of several weeks. Just know that it can take a week or two of consistent use for them to start working. This consistent use helps keep symptoms under control throughout the allergy season.

Decongestants: Oral medications like Sudafed, along with those nasal decongestants mentioned above, can help relieve stuffiness. But you run the risk of side effects that include higher blood pressure, increased heart rate, irritability, or insomnia. Because of potential side effects, decongestants should only be used short-term—three to five days max—when allergies are severe.

A More Natural Approach: If you prefer a more natural approach to addressing your symptoms, there are several options available at Carl's Drug Store. Our favorite is Healthy Living Solutions' All Season Support. This supplement is a powerful and comprehensive blend of nutrients and botanicals that is capable of helping to normalize your body's response to environmental “debris”. This response involves helping to support the normal, healthy release of biochemicals that cause inflammation and other symptoms associated with allergies and exposure to environmental allergens.

All Season Support is a formula with over ten years of proven results and features Stinging Nettle (helps stabilize the release of histamine from mast cells), Quercetin (shown to support the normal, healthy release of histamine), and Bromelain (helps support a healthy response to inflammation), as well as Vitamin C, Turmeric, Ginger, and Feverfew.

Prescription Medications: When over-the-counter allergy medications don't do the trick, a prescription medication like Singulair (montelukast) is also available.



STEP 2: The next step is knowing when to take your allergy medication. It is recommended that you start taking your allergy medication about two weeks BEFORE the allergy season and your symptoms begin. Then, continue taking them regularly throughout the rest of the season. Once inflammation starts, it may take longer to get relief.

Oral antihistamines take about a half hour to get into your system. Bedtime is a good time to take allergy medications. Many last 24 hours, which means they'll be working through the next day.

For the more natural All Season Support, we recommend taking three tablets daily to keep symptoms at bay. If you are already struggling with symptoms, you should double the dose, three tablets twice a day.

STEP 3: Consider nasal washing with sinus rinses. Sinus rinses are a popular seasonal allergy treatment that you can do at home, working well with antihistamines and nasal sprays. The neti pot is available at Carl's Drug Store and comes with packets to mix with warm, distilled water to create a saltwater solution. Using the pot to pour the solution through your nasal cavities, you can flush out gunk and allergens to reduce swelling and ease symptoms.

As always, if you have any questions, please stop by or give us a call anytime!

CONNECT WITH US ON FACEBOOK AND INSTAGRAM FOR WEEKLY PRAYER & MONTHLY GIVEAWAYS.

INSURANCE NOT COVERING?

Each insurance company has a drug formulary, or a list of medications, that it has approved and will help cover the cost for, with evidence to support why a medication is included or excluded from the list. These medications are selected based on their safety and efficacy evidence, cost, and treatment guidelines. This list is typically updated no less than every quarter, which ensures that pharmacy benefit managers (PBMs) are accounting for marketplace changes, new drug entrants, and changes to clinical guidelines.

The Institute of Medicine (IOM) defines utilization management as "a set of techniques used by or on behalf of purchasers of health care benefits to manage health care costs by influencing patient care decision-making through case-by-case assessments of the appropriateness of care prior to its provision." These techniques are premised on evidence-based medicine that promotes the most clinically appropriate and cost-effective utilization.

As a patient, you can experience a pause in the prescription process when a medication you have been prescribed is not the appropriate first-line therapy, is not on the insurance's formulary, or is used improperly. However, this is a tool used by the insurance companies with good intent to provide the best care.

There are three main types of utilization management:

1. **Prior Authorization:** Requires the prescriber to obtain pre-approval from the PBM before the medication can be dispensed. A medical necessity needs to justify why you cannot use a product on the formulary. Ensures that the product is being used according to the FDA indication. Used when the medication has a high potential for misuse or abuse. Usually lasts one year then needs renewed.
2. **Quantity Limits:** Sets a limit for a given medication that the plan sponsor will allow to fill in a certain amount of time. These limits are set in accordance with the package inserts. Addresses safety and cost concerns, as well as over-utilization of the medication.
3. **Step Therapy:** Trying different medications in a series of steps. Begin with the safest and most cost effective and progressively increase to riskier or costlier medications. You must fail two or three therapies before the costlier medication is approved for use.

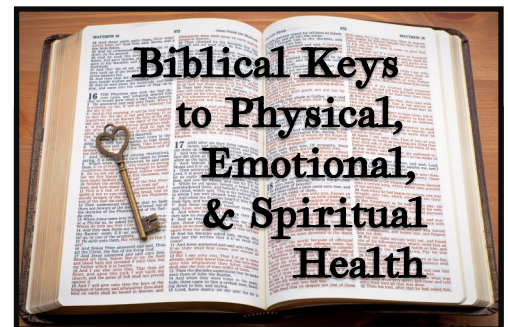
Patients are often upset when they are told that their prescription requires one of these at the pharmacy counter. They will say that the physician knows best and there is a reason they were prescribed this medication. While this may often hold true, patients may not always be privy to the costs of medications. These utilization management policies are in place to keep you safe, to be cost effective for the plan, and to ensure that medication utilization is clinically appropriate. Please understand that the pharmacy has no control over these guidelines.

As a retail pharmacy, we have had to explain often to patients what this entire process is. The most common utilization management is a prior authorization. The PBM wants to ensure that the selected medication is appropriate for your specific disease state. It can also occur when a non-formulary medication has a medical necessity.

What are your options if a prescription requires a prior authorization?

Every scenario starts by the pharmacy contacting the prescriber. The prescriber will have to submit paperwork to the PBM as to why the specific medication is needed for a prior authorization. The prescriber will have to justify why you need the specific medication or a higher quantity than what the plan may allow initially. The prescriber may eventually have to write for a different medication as the originally prescribed medication was not deemed medically necessary.

While this is happening, you only have two options: wait for the physician to complete prior authorization or pay full cash price for the prescription (a.k.a. not use the prescription plan benefit). If you still have questions about this process, let us know. We are happy to help!



GIVE YOURSELF TO GOD

A morning prayer, "Good morning, Lord! Let's begin this day together!"

Romans 12:1a – Therefore, I urge you brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God.



A portion of our sales for the month of May will be donated to Pregnancy Ministries. This organization supports women and men facing unexpected or unsupported pregnancies. They provide pregnancy testing, consultations, and more.



FREE LYME DISEASE SEMINAR

SPEAKER: DR. ROBERT MAUSS, GETTYSBURG
OSTEOPATHIC FAMILY HEALTH CENTER

DATE: TUESDAY, MAY 7TH, 7:00PM

LOCATION: MENNO HAVEN EVENT CENTER, 300 RIDGEVIEW, CHAMBERSBURG

Open to the public, this seminar will cover the different kinds of ticks in our area, how to identify symptoms, what to do if you have a tick bite, and how to avoid tick bites. In addition, information will be shared by a representative of the Pennsylvania Lyme Resource Network. Please join us, no reservation needed.

This seminar is sponsored by Norland Avenue Pharmacy and Carl's Drug Store.

SAD BUGS, HAPPY YOU

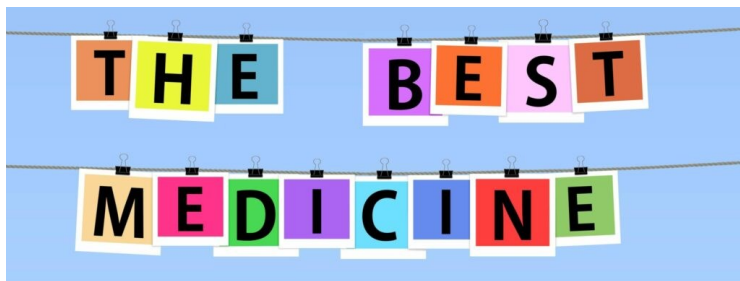
Carl's Drug Store is happy to carry a new product line that's made in the USA. Born from the need for all-day, everyday insect protection, Shübug was founded by a group of avid outdoor lovers who are passionate about being outside without the bother of bugs and the worry of dangerous chemicals. One of the main objectives behind the creation of the brand Shübug was to offer a full spectrum of quality insect repelling solutions, with a line of naturals that competes with and even outperforms many synthetics.

The vast majority of the natural insect repellent industry uses 99% soybean oil, which is often harvested with the glyphosate chemical (RoundUp) known for its connection to cancer. The base of Shübug's Natural is 97% walnut and MCT oil, the same ingredients used everyday to help prevent premature aging and dryness.



With ten to 14 hours of protection, the only reason you would need to reapply in a day is if you go in the water. Unlike standard aerosol, 360° BOV can be applied from any angle without compromising the bottle's ability to dispense its entire contents. BOV is better for the environment too. And, the line is safe for anyone over the age of one!

You can find this line at the pharmacy with the essential oil products. Products range in price from \$9.99 to \$12.99. And, a little goes a long way. No need to wastefully douse from head to toe. Just give it a little spritz, and rub-in to your desired coverage of any exposed skin.



What's the best way to put a spaceship to sleep? Rocket.
What's the best way to cook an allegator? In a crockpot.
What's the easiest way to make a hot dog stand? Take away its chair.
Remember the time Fruit of the Loom took Hanes to court? It was a brief case.
Before it was carved, the beauty of Mount Rushmore was un-presidented!

DELIVERY UPDATE

We are happy to announce that we are expanding our delivery services. Beginning in June, we will deliver to anyone within a 20 mile radius of the pharmacy. For same day service, requests must be received by noon. Deliveries will be made Monday through Friday after 2pm. We are also updating our delivery pricing as follows:

Tier 1 (0-4 miles) - FREE

Tier 2 (4.1-8 miles) - \$3

Tier 3 (8.1-15 miles) - \$5

Tier 4 (15.1-20 miles) - \$7

Tier 5 (>20 miles) - fee determined by management

If you have questions, please give us a call: 717-597-2426.



MEET THE TEAM

Meet Sharon Smith. Sharon serves as the Carl's Drug Store team leader as well as the essential oils specialist at both Carl's and Norland Avenue Pharmacy. Sharon and her husband, Todd, have resided in Greencastle for most of their 33 years of marriage. They love to travel and have a goal of one day visiting all the US National Parks. Recently, they have enjoyed checking items off their "Empty Nest Bucket List".



Sharon loves spending time with their four children's families which currently includes seven grandkids. She enjoys playing board games, reading, crafting, and doing puzzles.

If you don't see her at Carl's or Norland Avenue Pharmacy you may find her at the Biblical Education Center Library (Shady Grove, PA) where she has been the Director for 17 years. She also enjoys volunteering and being a part of the Five Forks BIC Church community.

One of her favorite things about working at the pharmacies is teaching people about CBD, essential oils, herbs, homeopathy, and supplements.

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MARK YOUR CALENDAR...

May 1-15: 20% Off Purses,
Wallets, & Bags
May 7: FREE Lyme Disease
Seminar (pg 2)



happy
Mother's
day

TAKE 20% OFF ALL PURSES,
WALLETS, & BAGS

MAY 1-15

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- 1 Peter 3:8

*Finally, all of you, live in
harmony with one another;
be sympathetic, love as brothers,
be compassionate and humble.*

Return Service Requested

145 North Antirum Way
Greencastle, PA 17225



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