



Pharmacy Solutions

P: (402) 486-3383

T: (888) 890-6521

pharmacysolutionslincoln.com

May 2017

The Latest News from Pharmacy Solutions

The calendar reads May, but the temperatures the past week have got us feeling like it's July! With these warm temperatures, it's important to remember to stay hydrated and wear sunscreen! May is Melanoma and Skin Cancer Awareness Month. According to the American Cancer Society, skin cancer is the most common of all cancers, and when detected is highly treatable. You can do a lot to protect you and your family from skin cancer by following the Slip! Slop! Slap! Wrap! method of prevention.

- Slip on a shirt!
- Slop on SPF 30 (or higher) Broad-Spectrum sunscreen!
- Slap on a hat!
- Wrap on sunglasses!

Our Ideal Protein program has taken off with great results. Since launching our first group on May 1st, we have lost a combined 36 pounds! If you have weight to lose, or just want to get healthier, we encourage you to attend our FREE seminar on Tuesday, May 16th at 6:00. RSVP to ip@pharmacysolutionslincoln.com or call us at 402-486-3383 to reserve your space, and they have been filling up quickly. If you do attend the seminar you will receive \$50 off your program startup costs.

See our Refer-a-Friend coupon below, this coupon gives both you and a friend \$10 off a future purchase. The best part is that you can refer as many friends as you want, just as long as they are new customers.

Pharmacy Solutions is now equipped to text you when your prescription is ready! Our staff will be asking for your cell phone numbers and permission to text as you call in or pick up your prescriptions. We are excited for this change, as it should make everything so much more efficient for all of us!

On May 18th and 19th, Somnos Clinical Research will be set up in our conference room offering free swabs to determine the effectiveness of medication that you have previously or are currently taking. This study will use your DNA to evaluate how effective and safe different medications are for you to take. The study will take 15 minutes and is open to all male and female patients over 25 years old. If you are interested in the study or would like to find out more information, please contact the pharmacy.

Lyndell White, Pharm.D., R.P., Sheri Scheer, Pharm.D., R.P., Jeanne Greisen, Pharm.D., R.P.,



Advantages of Topical Pain Therapy

There are a number of advantages of using topical pain creams/gels instead of oral pain relievers in tablet, capsule or liquid form:

- Can be applied locally only on the area where pain relief is needed.
- Fast onset of action.
- Higher concentration of the analgesic in the pain area.
- Low or no systemic drug levels means fewer or no side effects.
- Absence of drug-drug interactions.
- Ease of combining multiple medications into one formulation for synergistic benefits.
- Improvement of compliance.
- No risk of dependency or abuse.



Combinations of compatible drugs improve the chances of achieving a good therapeutic response. Optimization of a customized formulation by using the proper base/vehicle for topical or transdermal delivery is essential to achieve the best therapeutic response.

If you or a family member or friend are suffering from chronic pain, talk to our compounding pharmacist. We will work together with patient and physician to customize therapies to meet the specific needs of each individual.

Reference:

[J Pain Res. 2017 Mar 20; 10:635-641.](#)

Are you interested in becoming a Clinical Research Participant?

**Somnos Clinical Research is looking for
participants for the following:**

**If you or someone you know have any of the following below please call to
find out more information on how you can help with the advancement of
Medical Care through Clinical Research**

- **Take Medications? Either prescribed or over the
counter that has not provided adequate relief or
caused side effects?**

**If you are interested in a participating in this
come to the Pharmacy Solutions on May 18
and 19th or:**

**Contact Kelli or Desi at Somnos
Clinical Research
(402)-486-3430**



Refer a Friend

AND YOU'LL BOTH receive

\$10 OFF
your next purchase

SIMPLY GIVE THIS COUPON TO a FRIEND, and we WILL APPLY CREDIT TO
your account for each referral THAT you send TO Pharmacy

SOLUTIONS

○ ————— ○
your friends name

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○ ————— ○
your name

5750 Hidcote Drive (SE Corner of 56th & Pine Lake Rd)
Phone 402-486-3383 Fax 402-486-4286

Pharmacy Solutions
www.pharmacysolutionslincoln.com



Referral must be a new customer to Pharmacy Solutions

Valid through June 30, 2017

Quick Weight Loss
without sacrificing Muscle Mass!

Attend our FREE Educational Seminar
Tuesday, May 16th 6-7pm



RSVP to beth@pharmacysolutionslincoln.com or call 402-486-3383

Pharmacy Solutions | 5750 Hidcote Drive

Fresh Pineapple Salsa

Makes about 3 cups

Recipe from: <http://www.alwaysorderdessert.com/2015/07/fresh-pineapple-salsa.html>

Ingredients

1 whole pineapple, cored and diced (about 2 1/2 cups)

1/2 red onion, diced (about 3/4 cup)

1 jalapeño pepper, seeded and diced

1 large lime, juiced

1/4 teaspoon kosher salt

1 cup fresh cilantro, chopped

Directions

Toss all ingredients together in a large bowl, reserving part of the cilantro. Cover and chill at least two hours before serving. Toss again just before serving, and garnish with reserved cilantro.

Serve with tortilla chips, as a topping for tacos, or as a garnish on grilled chicken or salmon

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