



Pharmacy Solutions

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The Latest News from Pharmacy Solutions

Happy New Year! The first of the year is always an exciting time at Pharmacy Solutions, as we always have so many new things to share with you!

Yoga is coming to Pharmacy Solutions! Starting Monday, January 25 we will be offering hour long Yoga classes with instructor, Lesa Karr from Morgan Chiropractic and Acupuncture. Each week, Lesa will be teaching a different type of yoga. Classes will start at 6:00 pm and last an hour. Mats and props will be provided. We will be holding chair yoga classes every other Monday from 10:30-11:30. Each class will cost \$10. Look for an email in the coming weeks detailing each class.



Lesa will also be here every Monday from 2-5 giving chair massages! Massages will cost \$10 for 15 minutes. She is wonderful at her job, so we have a feeling that spots will fill up quickly. It is recommended calling Pharmacy Solutions to schedule your appointment, however, walk-in appointments will be available.

Now that the rush of the holidays are over, our Free Health and Wellness Seminars are resuming. On Tuesday, January 17th Lyndell will be presenting with Cindy Wendelin to answer your Cancer Answers. They will be going over some current research and resources about cancer. This workshop is especially designed for those who need immediate support during a battle with cancer and those in remission to help prevent cancer recurrence. All are encouraged to attend, because unfortunately, we are few and far between whose lives haven't been affected by cancer. Please call us at 402-486-3383 or email beth@pharmacysolutionslincoln.com by Monday, January 16th to reserve your spot. Spaces are limited!

Keep your calendars open for our February seminar, Hospice 101. Dr. Bob Bleicher will be here on February 7th to discuss how to live with the best quality at the end of life. Participants will learn about available care for individuals with life limiting illnesses. Call the pharmacy or email Beth to reserve your spot as soon as possible!

Lastly, we truly want to thank you for all that you did to help us support the two families that we took care of for Christmas. Both families were completely overwhelmed by your donations, it was truly humbling to see the joy that we were able to bring to these families.

Be sure to check out this month's recipe-Grilled Triple Citrus Salmon, it will be just the thing to cure your winter blues!

Age Spots

Cleansing and moisturizing is often not enough to keep your skin looking its best. Over time, sun exposure can lead to areas of hyperpigmentation. Known as age spots, sun spots or liver spots, these flat dark brown or grayish areas are commonly found on the hands, face, shoulders, and other areas frequently exposed to the sun. The brown pigment in age spots is lipofuscin, a complex mixture of fats, proteins, and metals, especially iron. It is waste from worn-out cellular structures that the body cannot easily eliminate, and it piles up inside cells. In the skin these accumulations create a cosmetic problem.



Because there are many types of hyperpigmentation and many possible causes, treatment can be challenging. Over-the-counter preparations rarely help. Common skin treatments such as laser therapy or chemical peeling may worsen some conditions. Therefore, one of the most popular treatments is a compounded topical skin lightening cream, which can be customized for each patient's skin type and problem. Medications can be compounded to be free of allergens, dyes, fragrances and preservatives. Our pharmacist will work with you and your doctor to formulate the best preparation to treat your specific condition.

It can also help to take antioxidants such as vitamin C and vitamin E in appropriate doses. Ask our pharmacist which supplement and dose is best for you.

Other types of skin spots, such as freckles or birthmarks, may be present at birth or develop over time. Medical conditions can also cause dark areas of skin. Even if you decide to live with your age spots, it's a good idea to see a dermatologist to be sure they are not precancerous or cancerous lesions that have to be removed for medical reasons.

Our compounding pharmacists can work with your doctor to provide the best remedy for difficult-to-treat dermatologic problems.

LEARN MORE ABOUT DERMATOLOGIC SOLUTIONS

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Triple Citrus Salmon

Recipe from: <http://therecipecritic.com/2015/06/grilled-triple-citrus-salmon/>

Serves: 4

Ingredients

4 (6 oz) pieces of salmon
½ cup orange juice
¼ cup lemon juice
¼ cup lime juice
¼ cup orange marmalade
2 garlic cloves, minced
3 Tablespoons Soy Sauce
¼ cup brown sugar
1 Tablespoon Cornstarch
1 Tablespoon Water



Instructions

1. In a medium saucepan whisk together orange juice, lemon juice, lime juice, orange marmalade, garlic, soy sauce and brown sugar.
2. In a small bowl, whisk together cornstarch and water. Slowly stir into the marinade and bring to a boil over medium high heat until the mixture starts to thicken. Remove from heat.
3. Lay salmon skin side down on cedar planks (or well oiled grill) and season with salt and pepper. Brush half of the marinade onto the tops of the salmon and grill over medium high heat for 12-15 minutes.
4. *Transfer the salmon to plates and brush with reserved salmon on top. Enjoy!*

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