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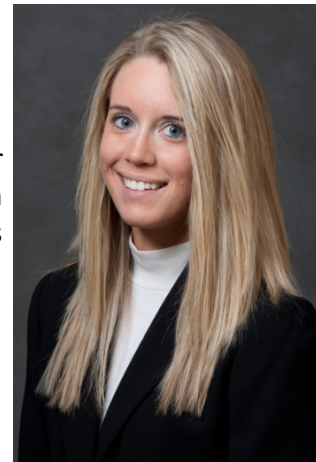
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June 2016

Meet Compounding Pharmacist, Amy Tomjack

We would like to officially welcome our new pharmacist, Amy Tomjack, to our pharmacy family. Amy grew up on a cattle ranch in north central Nebraska. She graduated from O'Neill St. Mary's High School and continued her education at Creighton University, where she obtained her Doctorate of Pharmacy Degree as well as a Bachelor of Science in Health Sciences degree. Amy has experience working in retail, fertility, and compounding pharmacy. "When I use my abilities to improve someone's physical, emotional, or spiritual well-being, there is no greater feeling to know I was a part of that process."

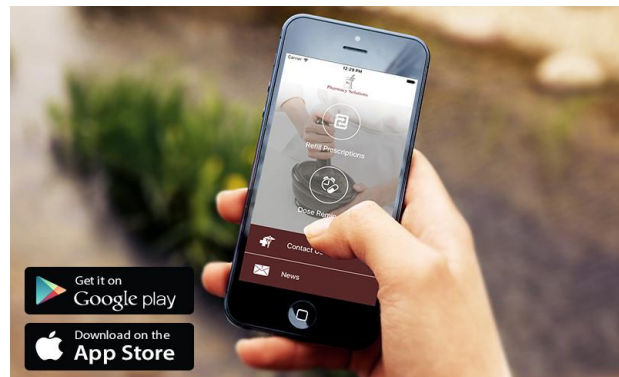


Amy contributes her love for helping others from her family. "On the ranch, we had to depend on one another to get the work done, whether it be baling hay all day or moving cows." It is through working with her family that she has gained the values of faith, respect and dedication to serve others that she upholds today and implements in her pharmacy practice.

In her free time Amy enjoys spending time with her family, riding horses, gardening, and enjoys outdoor activities such as sand volleyball, golf, and tennis. She and her fiancé, Kevin love trying out new restaurants. **Be sure to stop in and introduce yourself to Amy!**

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For your convenience, we would like to remind you to **download the Pharmacy Solutions app**. You will **receive \$5 off** of your order the first time that you use the app to refill your prescription or supplements. We recently updated the app, and are now able to recover your old or missing prescription information and help with password resets to make filling your prescriptions that much easier! Remember, you can always call or bring your phone in and we will be more than happy to walk you through setting up the Pharmacy Solutions app on your smart phone or tablet!



Happy Independence Day!

Keep in mind that Pharmacy Solutions will be closed on Monday, July 4th in observance of Independence Day, so please plan your refills accordingly. We wish you a safe and happy 4th!

Have you Heard the Latest on Testosterone Therapy?

As men age, testosterone levels gradually decline. And, low testosterone levels (clinically termed hypogonadism) lead to decreased well-being, increased risk of cardiovascular disease, loss of muscle, increased risk of Type 2 diabetes and other metabolic syndrome diseases, reduced sexual function, and bone loss.

Benefits of testosterone replacement therapy (TRT) are clearly established: improved sexual function, increase in lean muscle mass and strength, mood and cognitive function, with possible reduction in frailty and osteoporosis. However, recently some questions have arisen regarding the risk of heart attack and stroke in men receiving TRT.



[Read More about Hormone Therapy for Men](#)

The cardiovascular issues associated with TRT have been clarified by recent studies showing clearly that increased testosterone levels are associated with reduced mortality. Studies reporting increased risk have been flawed designs with inadequate baseline diagnosis and follow-up testing. An extensive review of the testosterone replacement therapy literature reveals that the majority of clinical studies show that properly administered testosterone replacement therapy, in which estradiol and dihydrotestosterone levels are also controlled, does not increase the risk of cardiovascular events. And, more good news: there is no evidence that TRT is associated with increased risk of prostate cancer or symptomatic benign prostatic hyperplasia.

Testosterone replacement therapy should be monitored, and when needed, an aromatase inhibitor such as anastrozole should be added to control estradiol levels that tend to increase with testosterone therapy; as well as an 5α -reductase inhibitor, such as dutasteride or finasteride to control dihydrotestosterone (DHT) levels.

At the recommendation of the National Association of Boards of Pharmacy, we suggest that patients should always seek medical attention immediately if symptoms of a heart attack or stroke are present, such as:

- Chest pain
- Shortness of breath or trouble breathing
- Weakness in one part or one side of the body
- Slurred speech

Testosterone therapy is available in many forms, and transdermal preparations that are applied to the skin are quite popular. Creams are easy for the patient to use and many health

care professionals and patients prefer daily administration of testosterone to long-lasting pellets and injections.

Another option is compounded troches, which offer these benefits:

- Decreased risk of cross contamination, i.e., men need not be concerned about others contacting the site of application, such as the arm or leg when a child or pet is held.
- Rapid buccal or sublingual absorption means the dose can be reduced compared to that required for transdermal forms of testosterone.
- Patients can quickly achieve peak levels when desired.

Our compounding pharmacists work together with physicians and their patients to customize medications by prescription based on each patient's unique needs. We welcome your questions.

Ther Adv Urol. 2016 Apr;8(2):147-60.

Aging Male. 2015;18(4):205-6.

Int J Pharm Compd. 2015 May-Jun;19(3):195-203.

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Cauliflower and Beet Salad

Recipe adapted from Center for Science in the Public Interest

4 cups small cauliflower florets
3 Tbs. extra-virgin olive oil, divided
1 tsp. Dijon mustard
1 Tbs. red wine vinegar
¼ tsp. salt
8 cups mixed salad greens
1 cup diced cook beets
¼ cup unsalted, roasted sunflower seeds



Preheat the oven to 450F.

Toss the cauliflower florets with 1 Tbs. of the oil on a rimmed baking sheet. Roast until lightly browned in spots, 10-15 minutes. Remove and allow to cool.

In a large bowl, whisk the mustard, vinegar, and salt with the remaining 2 Tbs. of oil. Toss the salad greens with the dressing. Top with the beets, cauliflower, and sunflower seeds. Serves 4.



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