



Pharmacy Solutions

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May 2016

## Have your May flowers bloomed?

Spring is such a beautiful time of year as the landscape changes color! Spring has brought many changes to the staff here at Pharmacy Solutions and we are super excited to tell you more about each of new team members in the months to come. Make sure to introduce yourself to Amy Tomjack PharmD, R.P. (Pharmacist), Alecia Hicks (technician), Brooke Pederson (technician) and Jennifer Akins (technician). Also, we are excited to have Erika Greer (technician) back on staff part time after her courageous fight with MLL.

The additional staff will help the pharmacy implement the new standards of practice that will be mandated in less than 2 years. It is important that we maintain the level of service that you have grown to expect. *We appreciate your business and please be patient the changes.*



Thank you for your participation in the shoe drive for People's City Mission sponsored by Cornhusker Bank, "One Day Without Shoes". This event gets bigger and bigger each year and Pharmacy Solutions is honored to be a partner in this great cause. This year **20,193** pairs of shoes were collected and \$8,700 in cash donations. In the **past 6 years 67,882** pairs of shoes have been collected! That is AMAZING!

Check out our new website, [www.PharmacySolutionsLincoln.com](http://www.PharmacySolutionsLincoln.com) which is very user-friendly and full of information.

**Is construction making it hard for you to get to the pharmacy?** Please remember that we can deliver or mail your prescription if it would make it easier.

*Lyndell White, Pharm.D., R.P., Sheri Scheer, Pharm.D., R.P., Jeanne Greisen, Pharm.D., R.P., Amy TomJack, Pharm.D., R.P., Beth Christensen, CPhT., Noelle Burns, CPhT., Sherry Generally, Erika Greer, CPhT, Alecia Frye, CPhT, Annthie Hinton, Customer Service*

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## Topical Pain Formulations - Preferable to Oral Medications?

Topical and transdermal pain formulations are very popular among health care providers and patients, but unfortunately, not all doctors are familiar with how to best prescribe customized medications. Topical and transdermal preparations are often preferred to oral medications due to decreased side effects and the avoidance of initial breakdown of drug by the liver (first pass metabolism). Dosage forms include creams, ointments, and gels; medication sticks; solutions, and sprays.



*"Topical" and "transdermal" are not interchangeable terms. Transdermal medications are applied topically but not all topical medications are absorbed through the skin and enter the bloodstream to have effects elsewhere in the body. The extent of absorption is dependent on the base and compounding technique. Transdermal preparations can create a greater systemic effect than topical preparations.*

## Diabetic Neuropathy

Compounded topical creams can play an outstanding role in meeting the needs of patients with diabetic neuropathy-associated pain. A recent study showed good to excellent results in relief of pain associated with diabetic neuropathy and relief of other chronic neuropathic pain with the use of compounded creams. Use of the creams resulted in a reduction in the need for oral analgesics and referrals made by physicians to pain specialists.

*We will work together with you and your health care provider to customize medications that meet your unique needs. We typically suggest starting with lower doses and one to two drug combinations and adjusting the dose and choice of medications based on each patient's response.*

### Reference:

**Use of Topical Pain Medications in the Treatment of Various Pain Syndromes by Sahar Z. Swidan, PharmD and Hagar A. Mohamed, MS. Topics in Pain Management. February, 2016. 31(7): 1-10.**

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# Quinoa with Orange and Avocado

### Prep time

20 mins

### Serves

4

### Ingredients

- 3/4 cup quinoa
- 1/3 cup diced red onion
- 1 Tbs red wine vinegar
- 1 large naval orange
- 1 Tbs extra virgin olive oil
- 1/2 avocado, diced
- 1/2 tsp kosher salt
- 1/4 cup roasted unsalted sunflower seeds

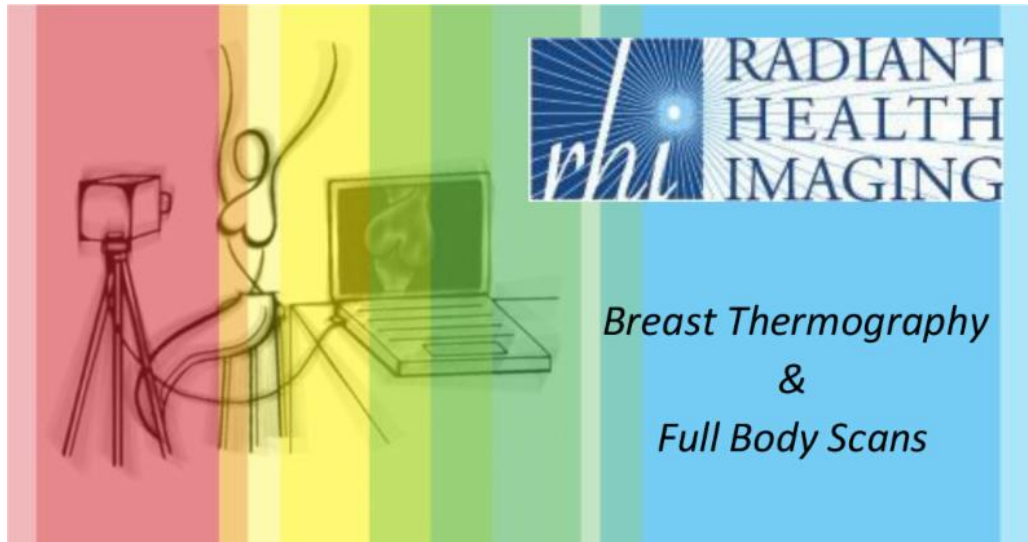
## Instructions

Prepare the quinoa according to the package instructions, then allow to cool. Combine the onion and vinegar in a large bowl and set aside until the onion turns pink, about 5 min. Cut the peel, pith and outer membrane off the orange, then slice it. Cut the slices into bite-size pieces. Toss all the ingredients except the salt in the large bowl with the onion, then season with up to ½ tsp salt.

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# Health & Wellness Seminars

Join us on May 17th, at 6:30pm for the last Wellness Seminar until fall. Radiant Health Imaging will be presenting on Breast Thermography and Full Body Scans and how the tests provide health risk assessment/early detection information.



**Tuesday, May 17th at 6:30 pm**

*Main topics for the evening:*

- Are you proactive about staying healthy?
- What preventative testing (safe & affordable) provides health risk assessment/early detection information?
- Why consider clinical thermography for breast & full body screening.

**Reserve your spot by Mon., May. 16th**  
**Pharmacy Solutions**  
**402-486-3383**

***The Wellness Seminars will resume in September so please forward any suggestions for topics you would like to learn more about. Be sure to watch our [Events page](#) for the latest news.***

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