



Pharmacy Solutions

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September 2016

## The Latest News from Pharmacy Solutions

School is back in session, and that means one thing...our free health and wellness seminars are back as well! Please join us on Tuesday, September 20th at 6:30 pm for a Zumba and MixedFit demo/class taught by certified instructor, Abby Emanuel. There are more details pertaining to the event below.

We are also very excited to announce that Mary Cumming, LIMHP, has opened an outpatient mental health office in our building. Mary recently moved to Lincoln from Ogallala and we think that she is a great addition to our wellness center. Mary is a Christian counselor and has 25 years of experience working with children, adolescents, men and women of all ages. Feel free to give her a call at 308-289-5293 if you have any questions regarding her services.



Mary Cumming,  
LIMHP

Be sure to check out this month's recipe for chicken parmesan stuffed spaghetti squash. We love our fall gourds here at Pharmacy Solutions, and there is something about spaghetti squash that makes eating squash just a little bit more fun!

Also, keep in mind that our October seminar, 'The Mind-Body connection' will be on Tuesday, October 11th at 6:30. Our pharmacist, Amy will have an intriguing presentation on how neurotransmitters affect your daily life.

*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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## Urine Spraying in Cats: Finding the Culprit and Treatment

Urine spraying is a cat's way of marking its territory, and is unrelated to normal urination. Most common in non-neutered males and multi-cat households, the spraying of urine on vertical surfaces like draperies and furniture is a cat's way of identifying "his" property or covering the scent of other cats.

In a multi-cat household, it is important to determine

which cat is exhibiting the behavior so that the proper intervention can be made. A safe and inexpensive dye (fluorescein) that can be orally administered to one cat in the household. That cat's urine will fluoresce under ultraviolet light for approximately 24 hours. To detect urine with fluorescein indicator, scan the household with a commercial black light or black light purchased from a novelty store. Although urine will commonly glow, fluorescein treated urine fluoresces a characteristic bright yellow. Scanning may also reveal previously undiscovered sites of elimination. By giving fluorescein to different cats at two day intervals, the culprit can be identified.



Prior to treatment, a veterinarian will typically perform an exam to rule out any physical cause. Administration of fluoxetine hydrochloride for treatment of urine spraying in cats can considerably reduce the rate of urine marking. Researchers recommend that most cats should be treated more than eight weeks to determine the full benefit of the therapy. In one study, the average number of spraying episodes per week in treated cats was 8.6 at the start of the study and decreased significantly to an average of less than one episode per week after 8 weeks of fluoxetine therapy while the spraying rate of cats receiving placebo did not decline. The medication dosage can be individualized for each cat and flavored by our compounding pharmacy.

***Contact our compounding professionals for more information. We will work together with you and your veterinarian to solve your pets' medication problems.***

## **LEARN MORE ABOUT VETERINARY MEDICATIONS**

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# **Recipe: Chicken Parmesan Stuffed Spaghetti Squash**

Recipe from: [http://www.nutritionistreviews.com/p/recipes.html?recipe\\_id=6077355](http://www.nutritionistreviews.com/p/recipes.html?recipe_id=6077355)  
Prep Time: 10 minutes  
Cook Time: 4 hours

## Ingredients (Serves 4)

- 2 small spaghetti squash
- 1 pound chicken breasts, trimmed
- 1 24 ounce jar low-sodium pasta sauce
- 1 cup mozzarella cheese
- 1/4 cup Parmesan cheese
- 1 teaspoon garlic powder
- 1 teaspoon black pepper

## Instructions

1. In a slow cooker, combine chicken breasts and about 2 cups of pasta sauce on high. Cook for 4 hours or until chicken shreds easily with a spatula. Use spatula to break up chicken.
2. Poke holes in the spaghetti squash with a knife and microwave until soft (about 8 minutes).
3. Cut squashes in half and scoop out seeds with a spoon. Take a fork and scrape the inside of the squash so that the squash is in noodles.
4. Sprinkle with garlic powder and black pepper and leave noodles in squash skin.
5. Fill squash with shredded chicken and top with the rest of the pasta sauce, mozzarella and parmesan cheese.
6. Bake for 5-10 minutes or until cheese is melted.



Enjoy!

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## Upcoming Events

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We are 'dancing' in a new season of FREE Health and Wellness Seminars!

 Certified Instructor Abby Emanuel will be here for Zumba and MixedFit Demonstrations



Tuesday, September 20<sup>th</sup> from 6:30-7:30 at Pharmacy Solutions

Register by Monday, September 19<sup>th</sup> by emailing [beth@pharmacysolutionslincoln.com](mailto:beth@pharmacysolutionslincoln.com) Or Call 402-486-3383

Wear comfy clothes and bring your tennis shoes and a bottle of water!

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