



Pharmacy Solutions

P: (402) 486-3383

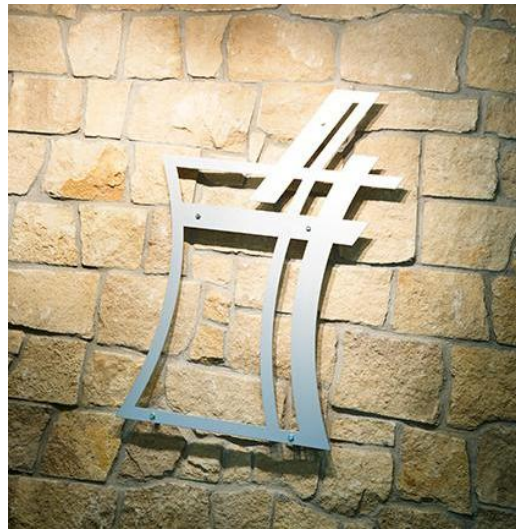
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pharmacysolutionslincoln.com

August 2016

The Latest News from Pharmacy Solutions

You may have noticed we like to update our entry way every couple of years here at Pharmacy Solutions, 2 years ago it was because a car crashed through the front door, and now this time it was because someone thought it would be fun to break in during the middle of the night. Regardless of the situations, we have been blessed both times that nobody has been hurt!



Please join us for the 2nd Annual Team Erika Greer Blood Drive! Erika is fortunate to be here with us today because blood was readily available when she needed it. Now, Erika and her family want to give back and are asking that you come support Nebraska Community Blood Bank by rolling up your sleeve and donating in her honor. Reserve your spot online at www.ncbb.org and use the sponsor code **TEG** or you can directly give NCBB a call at 402-486-9414 to make an appointment! **The Blood Drive will be located in the parking lot directly northeast of Pharmacy Solutions.** Last year we had close to 30 people come donate and this year we are hoping to exceed that and hit 40!

Our **FREE Health and Wellness seminars** are going to be starting back up next month. On Tuesday, September 20th at 6:30, Abby Emanuel will be here for a Zumba and MixxFit demonstration. Sign up and reserve your spot today, you can call the pharmacy or email beth@pharmacysolutionslincoln.com. Remember, you can always give us suggestions for seminars that you would like to see.

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

Problems Swallowing?

Do you or someone you know have problems swallowing? Dysphagia (difficulty or discomfort in swallowing) is a problem for many people, especially stroke victims, the elderly and people with advanced dementia. Difficulty with swallowing oral medications

increases the risk of aspiration (breathing in a foreign object or sucking food or the medication into the airway) which can lead to pneumonia. Also, hospice and palliative care patients often develop complications such as impaired gastrointestinal absorption, nausea, vomiting, delirium, or cognitive impairment, all of which would complicate the ability to take required oral medications. These are some of the reasons why alternative routes of administration, including transdermal or rectal, can be very helpful.

Transdermal preparations are applied topically and absorbed through the skin. If a patient has fluctuating or declining liver function, transdermal administration may be advantageous because transdermal medications do not need to pass through the liver before being absorbed, like oral medications do. Transdermal medications can be compounded to treat pain and inflammation, spasms, and nausea/vomiting.



Ask our compounding pharmacist for more information. We are happy to answer your questions and work together with physicians, patients and their families to compound the most appropriate medication, strength and dosage form for each patient. Bring us your medication problems!

Reference: [Consultant Pharmacist. 2016 June; 31\(6\):313-9.](#)

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Recipe: Salt and Vinegar Zucchini Chips

Recipe from: www.sugarfreemom.com/recipes/salt-and-vinegar-zucchini-chips/

- 4 cups thinly sliced zucchini (about 2-3 medium zucchini)
- 2 tablespoons extra virgin olive oil
- 2 tablespoons white balsamic vinegar
- 2 teaspoons coarse sea salt



Use a mandolin or slice zucchini as thin as possible. In a small bowl, whisk olive oil and vinegar together. Place zucchini in a large bowl and toss with oil and vinegar. Line a cookie sheet with parchment paper. Lay zucchini evenly. Bake at 200F for 2-3 hours. Rotate half way during cooking time. Store chips in an air-tight container.

Upcoming Events

2nd Annual Team Erika Blood Drive

Tuesday, August 23rd

3:30-7:00 PM



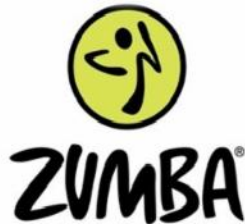
Team Erika

Together we're stronger than cancer



Register: www.ncbb.org | sponsor code: TEG | call: 402-486-9414

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 20th from 6:30-7:30 at Pharmacy Solutions

Register by Monday, September 19th by emailing 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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