



Pharmacy Solutions

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November 2016

## The Latest News from Pharmacy Solutions

Gratitude is a word that we often hear throughout the month of November. At Pharmacy Solutions, we want you to know how much you mean to us. It is because of your positive words, feedback and loyalty that we are able to be here each and every day. We are also very thankful for your generosity. Because of you supplement purchases in October, we were able to donate over \$1000 to the American Cancer Society Hope Gala. The Hope Gala will be held on November 11th at Hillcrest Country Club, where proceeds from the benefit will help to fund research for all types of cancer. If you would like more information about the Hope Gala or the American Cancer Society, please visit their website at: [http://main.acsevents.org/site/TR/Gala/GalaFY10HighPlains?pg=entry&fr\\_id=76077#.WBpr69UrLDc](http://main.acsevents.org/site/TR/Gala/GalaFY10HighPlains?pg=entry&fr_id=76077#.WBpr69UrLDc)



In years past, we have been so fortunate that you have been willing to step up and help us support those less fortunate. This year, we really want you to be more involved! From now until Tuesday, November 29th, we will be taking nominations to help a family in need this Christmas. You can email Beth ([beth@pharmacysolutionslincoln.com](mailto:beth@pharmacysolutionslincoln.com)) your nominations. We will keep this information anonymous, and will not let the family chosen who nominated them. Once December rolls around, we will send out a wish list for the family that is chosen.

Because, we are so grateful for our customers, we are going to start rewarding you! For each new customer that you refer, you will receive a \$5 Pharmacy Solutions credit. Not only are you going to receive \$5 off, so is your referral! It gets even more exciting from here, there is absolutely no limit to how many people that you can refer! All that you need to do, is give your friend the coupon (found further down in this newsletter) and have your friend bring it in to Pharmacy Solutions.

Lyndell will be presenting our November seminar "Are your Hormones Making you Crazy?" It will be held on Thursday, November 17th at 6:00pm. We had an awesome response to last month's seminar, so we are hoping to keep the trend going! Call us or email Beth to reserve your spot.

**Please take note that we will be closed on Thanksgiving Day and the following Friday (November 24th and 25th). Please plan your prescription refills accordingly.**

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*Lyndell White, Pharm.D., R.P., Sheri Scheer, Pharm.D., R.P., Jeanne Greisen, Pharm.D., R.P.,*

## Thinning Hair? Our Compounding Pharmacy can Help!

Did you know that there are various types of baldness, and the treatments differ? About half of men and women show some degree of balding by the age of 40. Androgenetic alopecia (AGA) is the most common form of hair loss in both men and women. In men, AGA is known as male-pattern baldness. Hair is lost in a well-defined pattern, beginning above both temples. Over time, the hairline recedes and hair thins on the top of the head, which may progress to partial or complete baldness. In women, the pattern of hair loss differs: the hair becomes thinner all over the head often beginning with the part, and the hairline does not recede. AGA in women rarely leads to total baldness.



Due to the progressive nature of AGA, treatment should be started early and continued indefinitely, since the benefit will not be maintained when therapy is stopped. FDA-approved treatment of AGA includes topical minoxidil for men or women, plus oral finasteride for men. Finasteride blocks the conversion of testosterone to dihydrotestosterone (DHT). When DHT concentrations are decreased in men taking finasteride, there is a progressive increase in hair count. Women may benefit from hormone therapy, and the medication spironolactone may be used as an antiandrogen in women, as opposed to oral finasteride.

However, there are other treatment options that target the different pathophysiologic causes of AGA, which can be compounded with a prescription from your doctor. Studies have shown that compounded topical finasteride 0.25% solution also reduces scalp DHT levels and in comparison with oral finasteride, the topical solution may minimize sexual side-effects linked to a systemic DHT reduction caused by oral finasteride.

Topical melatonin was also found to be a promising treatment for AGA based on laboratory and human research. Clinical studies showed positive effects of topical melatonin solution in the treatment of AGA in men and women. Patients had few side effects, and the topical solution did not raise serum melatonin levels.

Other forms of hair loss are treated differently than androgenetic alopecia, and include: Hair shedding (telogen effluvium) which may develop after medication intake, illness, childbirth, and crash dieting.

Patchy balding (alopecia areata) is found in about 1.7% of the population. Most cases or alopecia areata start during childhood or adolescence and last throughout life.

Therapy for androgenetic alopecia or alopecia areata can be personalized for each individual based on their response to treatment. Our compounding pharmacist will work with each patient and his or her doctor to customize medications to make them easier to use and potentially reduce side effects. Your questions are welcome.

*References:*

## LEARN MORE ABOUT HORMONE THERAPY FOR WOMEN.

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# Recipe: Apple Walnut Cranberry Salad

Recipe from: [flavormosaic.com/apple-walnut-cranberry-salad/](http://flavormosaic.com/apple-walnut-cranberry-salad/)

### Salad

- 1 bag 50% blend mixed greens and spinach
- 2 green apples, sliced
- ½ cup dried cranberries
- ½ cup gorgonzola cheese, crumbled
- ½ cup walnut pieces

### Apple Cider Vinaigrette

- ¼ cup olive oil
- ¼ cup apple cider vinegar
- ½ tsp. Dijon mustard
- ¼ tsp garlic powder
- ¼ tsp dried oregano
- ¼ tsp dried basil
- ¼ tsp freshly ground black pepper



In a large bowl, toss together all salad ingredients. In a separate small bowl, whisk together all of the vinaigrette ingredients. Drizzle vinaigrette over salad and toss. Serve immediately.

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## Upcoming Events

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Pharmacy Solutions  
**Refer-a-Friend**

**\$5**

\_\_\_\_\_ was referred to  
Pharmacy Solutions by \_\_\_\_\_



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