



Pharmacy Solutions

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October 2016

## The Latest News from Pharmacy Solutions

October is so far shaping up to be a busy month, and we don't see it slowing down anytime at Pharmacy Solutions! October is National Breast Cancer Awareness Month, according to the American Cancer Society, in the state of Nebraska there have already been 1,480 new breast cancer diagnoses and 210 deaths related to breast cancer in 2016. Stop into the Pharmacy the week of October 17-21 and receive 20% off of all over-the-counter products. A portion of proceeds will be going to fund Breast Cancer Research.



In the month of October, we also celebrate National Pharmacists Month. The dedication that Lyndell, Sheri, Jeanne and Amy have to their field does not go unnoticed. Stop in and be sure to thank them for all of their hard work. October 18th is National Pharmacy Technician Day. Beth, Noelle, Erika, Alecia, Brooke and Sherry also deserve a huge thank you, as they are often the ones that you speak with when you are calling in your orders, or picking up your prescriptions.

Now that our Health and Wellness seminars are back in session, Pharmacy Solutions needs your help! Our first seminar was cancelled due to low attendance, and our second seminar is shaping up to be the same way. If you could let us know what day of the week works best for you to attend our seminars, and if there are any topics that you would like to see presented. We love having these educational seminars, and would hate to see them go! Email [beth@pharmacysolutionslincoln.com](mailto:beth@pharmacysolutionslincoln.com) to voice your opinion.

With that being said, if you sign up and attend tonight's seminar, 'The Mind-Body Connection' you will receive \$40 towards a product featured in the seminar. Our wonderful pharmacist, Amy, will be presenting on how the chemicals within your body can affect your day to day lifestyle. From what we have seen so far, it sounds like an amazing seminar-definitely one worth checking out! Call us at 402-486-3383 to sign up!

*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*

# October is National Breast Cancer Awareness Month.

Early detection of breast cancer often improves the outcome of treatment. Therefore, make sure you and the women you know do self-exams each month, report any unusual bumps or changes in size of the breast, and are regularly screened for breast cancer. Ask our pharmacist how various types of hormones may affect your risk of breast cancer. We know that survival is the goal but often not the end of a woman's journey with breast cancer. Quality of life is so important, and treatment may cause ongoing unpleasant side effects, plus cancer survivors often live in fear of recurrence. Women who have had breast cancer may be suffering but don't want to complain because they are grateful to be alive. If you or someone you love has ongoing problems after chemotherapy or radiation (such as discomfort, weight gain, fatigue, mental cloudiness, mood swings or gastrointestinal upset), talk to our pharmacist. We recommend reading "The Definitive Guide to Thriving After Cancer: A Five-Step Integrative Plan to Reduce the Risk of Recurrence and Build Lifelong Health" by Lise Alschuler, ND, which emphasizes a comprehensive approach needed for optimal health and recurrence prevention.



## LEARN MORE ABOUT HORMONE THERAPY FOR WOMEN.

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## Recipe: Healthy Creamy Chicken Noodle (or Rice) Soup

Recipe from: [http://www.theyummylife.com/chicken\\_noodle\\_soup](http://www.theyummylife.com/chicken_noodle_soup)

### Ingredients

- 1 tablespoon olive oil
- 1 garlic clove, minced
- 1 cup diced onions
- 1 cup diced mushrooms
- 1 cup diced carrots
- 1 cup diced celery
- 1/3 cup flour (all-purpose or whole wheat pastry flour)
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon dried thyme
- 1/4 teaspoon poultry seasoning
- 6 cups fat-free, low sodium chicken broth
- 1 teaspoon salt
- 2 cups cooked shredded chicken (shred a rotisserie chicken or cook your own\*)
- 1 (12 oz.) can evaporated skim milk



- 2 cups uncooked pasta (whole grain recommended); or 2/3 cups uncooked brown rice\*\*

### Instructions

Heat a Dutch oven or large pot on medium-high, add olive oil. Saute garlic, onion, mushrooms, carrots, and celery until soft, approx. 5-7 minutes. Sprinkle flour, oregano, pepper, thyme, and poultry seasoning over vegetables. Cook and stir for 1 minutes. Stir in broth and salt; bring to boil. Reduce heat and simmer, partially covered, for 10-15 minutes. \*\* Add chicken, milk, and noodles; cook for 10 minutes or until noodles are tender. Taste and add more salt, if needed.

\*For chopped/shredded chicken recipe, go to [www.theyummylife.com/recipes/77](http://www.theyummylife.com/recipes/77)

\*\*If using brown rice, add it along with the broth and increase the simmer time to approx. 45 minutes until the rice is done. Then proceed with the remainder of the recipe, adding the chicken and milk. (An advantage of using rice is that it doesn't overcook as easily as the pasta. Rice also holds up better for reheating and freezing leftovers.)

NUTRITIONAL INFORMATION (per serving): 182 calories, 3.4g fat, 20.3g carbs, 1.2g fiber, 6.5g sugar, 17.0g protein; Weight Watchers Points Plus: 5

GLUTEN FREE OPTION: Use gluten free oat flour in place of wheat flour; use brown rice in place of pasta.

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## Upcoming Events

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### **TONIGHT: Please join us for our FREE October Wellness Seminar** **The Mind-Body Connection**

*A glimpse of how neurotransmitters play a key role in your every day life.*

Presented by Amy Slattery, PharmD, RP

**Tuesday, October 11**

**6:30 PM - 7:30 PM**

Receive \$40 towards a featured product when you sign up and attend!

Call 402-486-3383 or email [beth@pharmacysolutionslincoln.com](mailto:beth@pharmacysolutionslincoln.com) to reserve your spot!

***Don't miss this great event!***

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