

# Cane Creek Script

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## Springtime allergies: Nip them in the bud

Spring means flower buds and blooming trees – and if you're one of the millions of people who have springtime allergies, it also means sneezing, congestion, runny nose and other bothersome symptoms. Springtime allergies – also called hay fever and allergic rhinitis – can make you miserable. But before you settle for plastic flowers and artificial turf, try these simple strategies to keep springtime allergies under control.

### Reduce your exposure to allergy triggers

There are a number of things that you can do to reduce your exposure to the things that trigger your allergy signs and symptoms (allergens):

- Stay indoors on dry, windy days – the best time to go outside is after a good rain, which helps clear pollen from the air.
- Delegate lawn mowing, weed pulling and other gardening chores that stir up allergens.
- Remove clothes you've worn outside; you may also want to shower to rinse pollen from your skin and hair.
- Don't hang laundry outside – pollen can stick to sheets and towels.
- Wear a dust mask if you do outside chores.

### Take extra steps when pollen counts are high

Seasonal allergy signs and symptoms can flare up when there's a lot of pollen in the air. These steps can help you reduce your exposure:

- Check your local TV or radio station, your local newspaper, or the Internet for pollen forecasts and current pollen levels.
- If high pollen counts are forecasted, start taking allergy medications before your symptoms start.
- Close doors and windows at night or any other time when pollen counts are high.
- Avoid outdoor activity in the early morning when pollen counts are highest.

### Keep indoor air clean

There's no miracle product that can eliminate all allergens from the air in your home, but these suggestions may help:

- Use the air conditioning in your house and car.
- If you have forced air heating or air conditioning in your house, use high-efficiency filters and follow regular maintenance schedules.
- Keep indoor air dry with a dehumidifier.
- Use a portable high-efficiency particulate air (HEPA) filter in your bedroom.
- Clean floors often with a vacuum cleaner that has a HEPA filter

### Try an over-the-counter remedy

Several types of nonprescription medications can help ease allergy symptoms. They include:

- **Oral antihistamines.** Antihistamines can help relieve sneezing, itching, runny nose and watery eyes. Examples of oral antihistamines include loratadine (Claritin, others) and cetirizine (Zyrtec, others). Older antihistamines such as diphenhydramine (Benadryl, others) and chlorpheniramine (Chlor-Trimeton, others) are also effective, but they can make you drowsy.
- **Decongestants.** Oral decongestants such as pseudoephedrine (Sudafed, others) can provide temporary relief from nasal stuffiness. Decongestants also come in nasal sprays such as oxymetazoline (Afrin, others) and phenylephrine (Vicks Sinex, others). Only use nasal decongestants for short-term relief. Long-term use of decongestant nasal sprays can actually worsen symptoms (rebound congestion).
- **Cromolyn spray.** Cromolyn (Nasal crom) can ease allergy symptoms – but it can take up to a week of several sprays a day to start working.
- **Combination medications.** A number of allergy medications combine an antihistamine with a decongestant. Examples include the oral medication Claritin-D, which combines the antihistamine chlorpheniramine with the decongestant phenylephrine; and Claritin-D, which combines the antihistamine loratadine and the decongestant pseudoephedrine.

Information taken from the Mayo Clinic

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## Blood Pressure

### What is blood pressure?

Blood pressure is the pressure of the blood against the walls of the arteries. Blood pressure results from two forces. One is created by the heart as it pumps blood into the arteries and through the circulatory system. The other is the force of the arteries as they resist the blood flow.

### What do blood pressure numbers indicate?

- The higher (systolic) number represents the pressure while the heart contracts to pump blood to the body.
- The lower (diastolic) number represents the pressure when the heart relaxes between beats.

**The systolic pressure is always stated first. For example: 118/76 (118 over 76); systolic = 118, diastolic = 76.**

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Prehypertension	120 - 139	or	80 - 89
High Blood Pressure (Hypertension) Stage 1	140 - 159	or	90 - 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
<u>Hypertensive Crisis</u> (Emergency care needed)	Higher than 180	or	Higher than 110

*This chart reflects blood pressure categories defined by the American Heart Association.*

### How is high blood pressure diagnosed?

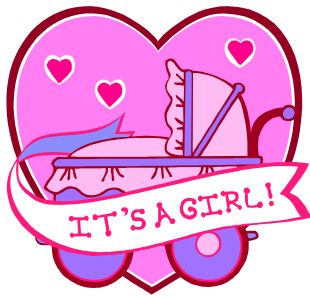
Your healthcare providers will want to get an accurate picture of your blood pressure and chart what happens over time. Your blood pressure rises with each heartbeat and falls when your heart relaxes between beats. While BP can change from minute to minute with changes in posture, exercise, stress or sleep, **it should normally be less than 120/80 mm Hg (less than 120 systolic AND less than 80 diastolic) for an adult age 20 or over.** About one in three (33.6%) U.S. adults has high blood pressure. **If your blood pressure reading is higher than normal, [your doctor may take several readings over time](#) and/or have you [monitor your blood pressure at home](#) before [diagnosing](#) you with high blood pressure. **A single high reading does not necessarily mean that you have high blood pressure.** However, if readings stay at 140/90 mm Hg or above (systolic 140 or above OR diastolic 90 or above) over time, your doctor will likely want you to begin a [treatment program](#). Such a program almost always includes lifestyle changes and often prescription medication for those with readings of 140/90 or higher. If, while monitoring your blood pressure, you get a systolic reading of 180 mm Hg or higher OR a diastolic reading of 110 mm Hg or higher, wait a couple of minutes and take it again. If the reading is still at or above that level, you should seek immediate emergency medical treatment for a [hypertensive crisis](#). Even if your blood pressure is normal, you should consider making lifestyle modifications to [prevent](#) the development of HBP and improve your heart health.**

### Which number is more important, top (systolic) or bottom (diastolic)?

Typically more attention is given to the top number (the systolic blood pressure) as a major risk factor for cardiovascular disease for people over 50 years old. In most people, systolic blood pressure rises steadily with age due to increasing stiffness of large arteries, long-term build-up of plaque, and increased incidence of cardiac and vascular disease.

*Information taken from the American Heart Association*

# Pharmacy Happenings



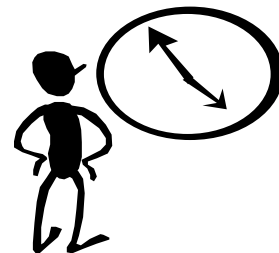
Canissa Henn, CPhT MAR Specialist, is expecting her second child. Courtney LeAnne Henn is due April 10th. Canissa will be starting her maternity leave the later part of March or early April. Please continue to send in all MAR corrections as normal, as she will be working on them during the course of her maternity leave. Canissa will be checking her phone messages and emails regularly and will respond to any messages within a couple of days.

If there is something that needs immediate attention, please call the pharmacy and ask for Lori McAdams, who will be assisting with MARs while Canissa is on leave.

## TIPS FOR ENSURING TIMELY MEDICATION DELIVERY

### New Orders

- \* All new orders should be complete with the following information:
  - Name of facility
  - Full name and date of birth of the resident
  - Prescribing physician
  - Name of the medication and strength
  - Specific directions for use
  - If the medication is ordered "as needed" the reason the medication is being used is required
  - The order must be signed by the prescriber
- \* If the orders are for a new admission, please include a statement that the orders have been verified by the prescriber FL2 and admission orders must be verified by the prescriber unless signed within 24 hours of admission
- \* Please provide any know drug allergies & insurance information for all new admissions



### Refill Medications

- \* Pull the bar code refill label 4-7 days before the medication supply is out
- \* Please check your back up supply before reordering
- \* Refills should be faxed before 2pm for same day delivery. Refills received after 2pm will not be sent until the next day unless you call to let us know that you need same day
- \* If a medication has no refills, we will contact the prescriber for refill authorization. The medication will be sent as soon as we receive authorization from the prescriber
- \* If the medication refill is too early, we will place the refill on hold or until the insurance will pay for the refill
- \* You will receive a written notice when medications have no refills or are too early to be refilled

*Please visit our new re-designed website for information and updates from Cane Creek Pharmacy.*

[www.canecreekpharmacy.com](http://www.canecreekpharmacy.com)

*Thanks to Hudson Haines & Fragment Labs for their work on our new website.*

### ABCCM Medical Ministry Pharmacy

The pharmacy at ABCCM Medical Ministry is a key part of the services it provides. As healthcare costs continue to climb, many patients are unable to afford basic healthcare, much less the cost of prescription drugs that are critical to their care plan. This is made possible through the donations of prescription medications from businesses like Cane Creek Pharmacy.

"Cane Creek Pharmacy is dedicated to supporting patients in our community and ABCCM's efforts to provide excellent pharmaceutical care to all members of our community."

-Derek Altizer, Pharmacy Manager  
[www.missionhospitals.org/ABCCM](http://www.missionhospitals.org/ABCCM)



PO Box 1160  
Fairview, NC 28730

Phone: 828-628-3675  
Fax: 828-628-3516

E-mail: [info@canecreekpharmacy.com](mailto:info@canecreekpharmacy.com)

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WE'RE ON THE WEB!

[www.canecreekpharmacy.com](http://www.canecreekpharmacy.com)

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## New Drug Update

### **PRADAXA<sup>®</sup> (dabigatran etexilate) capsules**

**PRADAXA** is a prescription medicine used to reduce the risk of stroke and blood clots in people who have a medical condition called atrial fibrillation. With atrial fibrillation, part of the heart does not beat the way it should. This can lead to blood clots forming and increase your risk of a stroke. Pradaxa is a blood thinner medicine that lowers the chance of blood clots forming in your body.

Pradaxa has a similar bleeding risk as warfarin but does not require routine labs such as a PT/INR to be monitored. Pradaxa is dosed 150mg capsule orally twice daily. For patients with compromised renal function, the dose is 75mg capsule twice daily. The most common side effects noted with Pradaxa is GI upset. The risk of myocardial infarction was numerically greater in patients who received Pradaxa 150 mg than in those who received warfarin. Patients should be instructed to swallow the capsules whole. Breaking, chewing, or emptying the contents of the capsule can result in increased exposure. Pradaxa should be stored at room temperature between 59° F to 86° F (15° C to 30° C) in the original package to keep it dry. After opening the bottle, use PRADAXA within 30 days. Safely throw away any unused Pradaxa after 30 days.

[www.pradaxa.com](http://www.pradaxa.com)



*Pradaxa is a new anticoagulant that is being used instead of warfarin.*

*Contact one of the pharmacists at Cane Creek Pharmacy for you have any questions about Pradaxa or any other medications.*