

Be Healthy, Stay Healthy

NEWSLETTER



MEET THE TEAM

Dr. Tony Waggoner

Tony grew up in Carlisle, PA, and graduated from Big Spring High School. He then attended Shippensburg University where he earned Bachelor's degrees in Education and Biology and met his now wife, Ellen. He earned his Master of Education degree from Wilkes University and his Doctor of Pharmacy from Creighton University.

Prior to becoming a pharmacist, Tony taught middle school math and science in Greencastle for 12 years. He decided to change to pharmacy to put his science background and knowledge to stronger use. He joined the Norland family just over a year ago in 2023.

Tony loves being in the pharmacy to help people understand their medications and get the most benefit from them. He now lives in Chambersburg with his wife, son, two dogs, and cat. When he's not working, Tony enjoys camping, riding ATVs, traveling, and spending time with his family. Be sure to say hi the next time you see him.



TAKE CARE OF YOUR ♥

February is the month of the heart for many reasons. Valentine's Day is the 14th, the holiday of love and the emotional heart. February is also designated as heart month by the Heart Foundation and the American Heart Association.

So why is there so much focus on the heart? Heart disease continues to be the number one cause of death in the U.S. It accounts for nearly one out of every four deaths in our country.

Having your cholesterol checked is one way of keeping tabs on your heart disease risk. Many patients with high cholesterol will say, "My bad genes are the cause of my high cholesterol, it's in my family." Yes, while genes play a role in your cholesterol level, the study below shows that even if your genes are not favorable, you can make changes to decrease your risk.

A 2016 study was published in the New England Journal of Medicine entitled "Genetic Risk, Adherence to a Healthy Lifestyle, and Coronary Disease". Here was the conclusion: across the study involving 55,685 participants, genetic and lifestyle factors were independently associated with susceptibility to coronary artery disease. Among participants at high genetic risk, a favorable lifestyle was associated with a *nearly 50% lower relative risk* of coronary artery disease than was an unfavorable lifestyle.

There you have it, lifestyle modification can lower your risk by nearly 50%. Making simple changes can prove big benefits in both cardiovascular and overall health. The promotion of healthy lifestyle behaviors that were listed in the study include not smoking, avoiding obesity, regular physical activity (at least once a week), and a healthy diet pattern. It really does not require a significant change to make a big difference in decreasing the risk.

If you don't include a lot of fish in your regular diet, consider supplementing with:

Omega-3 Fatty Acids—Omega-3 fatty acids, primarily found in fish like salmon, mackerel, and sardines, play a critical role in promoting heart health. These essential fats are known for their anti-inflammatory properties, which help reduce inflammation in blood vessels and decrease the risk of atherosclerosis, a condition characterized by plaque buildup in arteries. Omega-3s help maintain the flexibility and function of blood vessels, ensuring smooth blood flow and reducing the risk of heart attack and stroke.

One of the most significant benefits of Omega-3s is their ability to lower triglyceride levels in the blood. Elevated triglycerides are a risk factor for heart disease. Additionally, Omega-3s have been shown to modestly lower blood pressure, further contributing to cardiovascular health. They also improve the balance between good (HDL) and bad (LDL) cholesterol, supporting overall lipid profile optimization.

And just when you thought they were done, Omega-3 fatty acids also contribute to stabilizing heart rhythms. They have been shown to reduce the likelihood of arrhythmias, or irregular heartbeats, which can lead to serious complications such as sudden cardiac arrest. By addressing multiple pathways involved in heart health, Omega-3s emerge as a powerful ally in maintaining a healthy and resilient cardiovascular system.

If you already take an Omega-3 supplement, please read the "By the Numbers" article on page two. If you don't, we recommend Healthy Living Solutions' Ultra Omega-3 EPA + DHA 1000mg Softgels. **For the month of February, buy one bottle, get one 50% off!** As always, let us know if you have any questions or concerns.

FREE SEMINAR FOR WOMEN ONLY: FROM MENSES THROUGH MENOPAUSE



DATE: Thursday, February 20, 2025
TIME: 4:30pm
SPEAKER: Dr. Edward Fleming
LOCATION: Norland Avenue Pharmacy, 12 St. Paul Drive, Chambersburg, PA

Dr. Fleming is board certified in Family Medicine. He graduated from The University of Toledo College of Medicine (formerly Medical College of Ohio) then completed a Transitional Year Residency at Lehigh Valley Health System before completing his residency at Virginia Commonwealth University—Shenandoah Valley Family Medicine Residency.

He currently practices at MorningStar Family Health Center primarily at the Chambersburg office. There, he devotes his efforts toward a broad spectrum of outpatient family medicine, as well as using his training in Creighton Model FertilityCare & NaPro TECHNOLOGY, in the treatment of many fertility health issues. He is also undergoing training in functional medicine, through the Institute of Functional Medicine (IFM).

During this seminar, Dr. Fleming will discuss hormones in the context of overall health from menses through menopause. He will cover the benefits of natural hormones in the context of adrenal function, PCOS, and irregular/heavy menses, fertility, and menopause.

Seating is limited. Please be sure to reserve your spot: www.NorlandRx.com/events or 717-217-6790.



BY THE NUMBERS

After reading how Omega-3 fatty acids can have a positive impact on heart health (page one), you may be wondering if you are getting the full benefits from your diet and/or supplement. An Omega-3 Index can measure the amount of EPA and DHA in your blood, specifically in your red blood cell membranes, to give you the answer.

When you take an Omega-3 Index test, it gives you a percentage. An Omega-3 Index of 8% or higher is ideal, the lowest risk zone. However, most consumers hover around 6% or below. And unfortunately in the U.S., most people are at 4% or below – the highest risk zone. **Being in the highest risk zone translates to a 90% higher risk of sudden cardiac death.**

Low Omega-3 levels are also associated with Alzheimer's, eye disease, hair thinning or loss, joint pain or stiffness, depression, inflammation, dry or irritated skin, and much more.

No matter how healthy you think you are, you should always know your number. We are now offering Omega-3 Index testing at Norland Avenue Pharmacy. Pick up your test today for just \$50. No prescription needed. Results come back in less than a week.



WHAT'S IN THE BOTTLE?

Walk into any pharmacy or big box store, and you can easily be overwhelmed by the sheer number of vitamins and supplements available for purchase. That doesn't even take into account what's available online.

In addition to the number of supplements, study after study appears in the news showing discrepancies between what's on the label and what's in the bottle. One recent report looked at three memory supplements: two of them contained NONE of the active ingredient, and one of those contained unidentifiable chemicals that raise serious questions about its safety.

You have enough to worry about. When you come to Norland Avenue Pharmacy, you can rest assured that we have done the research for you. Our supplement specialists and pharmacists have reviewed the products we carry in our store to be sure they come from quality, trustworthy manufacturers.

In fact, we believe so strongly in the products we carry, that we offer a money back guarantee. If you are not satisfied with your vitamin or supplement, bring back the bottle with your original receipt, and we will refund your money.

Feel better, be healthier, start now.

LAUGHTER IS

THE BEST

MEDICINE

I may have Alzheimer's, but at least I don't have Alzheimer's.

Doctor, "What's the condition of the boy who swallowed the quarter?"

Nurse, "No change yet."

Did you hear about the fire at the circus? It was in tents.

Where do pirates get their hooks? Secondhand stores.

6:30 is the best time on a clock, hands down.

If attacked by a mob of clowns, go for the juggler.

What do you call a shoe made from a banana? A slipper.

NON-PROFIT

of the month

MARANATHA MINISTRY

Located on West Loudon Street in Chambersburg, the heart of Maranatha Ministry is to share the love of Christ with those who are searching for something in their lives that is more than just the need for food, budgeting, or housing. People need healing. They give a hand up, not a hand out.

If you would like more information, call 717-261-1708 or visit maranathaminstyinc.org.



MIGRAINE PAIN

The numbers say it all:

- Migraine impacts over 37 million Americans and is the second leading cause of disability.
- One in four households in America has a member with migraine.
- Migraine is three times more common in women than men.
- The World Health Organization (WHO) places migraine as one of the ten most disabling medical illnesses on Earth.
- Migraine costs more than \$20 million each year in the U.S. due to direct medical expenses and lost productivity.

For patients who struggle with migraines, we have a unique treatment options in our compounding lab at Norland Avenue Pharmacy.

Piroxicam Troches (\$2-3 each): Piroxicam is a nonsteroidal anti-inflammatory drug (NSAID) used to treat pain or inflammation. A troche is a small medicated lozenge designed to dissolve in your mouth. Therefore, a Piroxicam troche can provide rapid symptom relief due to the fast acting absorption while at the same time protecting your liver and gallbladder from damage.

A study of 40 patients was completed comparing a 40mg Piroxicam troche to a placebo for the treatment of migraine without aura. The medication was taken within two hours of the beginning of a migraine attack. In the group of patients treated with the Piroxicam troches, a significant reduction of pain intensity was observed after only 15 minutes. After an hour, headache had disappeared in 15 patients, became mild in four, and remained unchanged in only one subject. No side-effects were reported.

As always, compounded medications require a prescription. If you would like a handout to take to your practitioner regarding Piroxicam troches, please stop by the pharmacy and ask. We would be happy to provide you with one.

If you have questions, or would like information on our OTC migraine treatment options, please don't hesitate to stop by or call. Our specialists would be happy to answer whatever questions you may have.

THERAPY PUTTY CLASS



WEDNESDAY, FEBRUARY 26TH, 3PM

Did you know that a strong or weak hand grip carries more than just social cues? It may also help measure an individual's risk for having a heart attack, stroke, or dying from cardiovascular disease. Working with therapy putty can help increase grip strength, improve fine motor skills, and relieve stress.

Join Sharon Smith as she shares valuable information, explains the science behind it, and instructs you through multiple hand exercises with putty. This class is designed to benefit men, women, and anyone who has noticed a decrease in their grip strength OR an increase in their stress levels.

The cost of the class is \$15 and includes a can of putty (the regular price of a 3.2oz putty). You will need to pay the \$15 in advance to reserve your seat.

**Space is limited, stop by or call the pharmacy
717-217-6790 to save your spot!**

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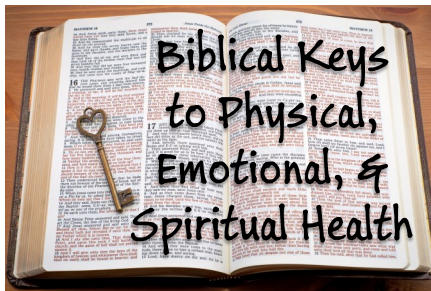
Migraine Pain (pg 3)

MARK YOUR CALENDAR...

Feb 1-15: Sock & Slipper Sale

Feb 20: FREE Seminar: From
Menses through Menopause (pg 2)

Feb 26: Putty Class (pg 3)



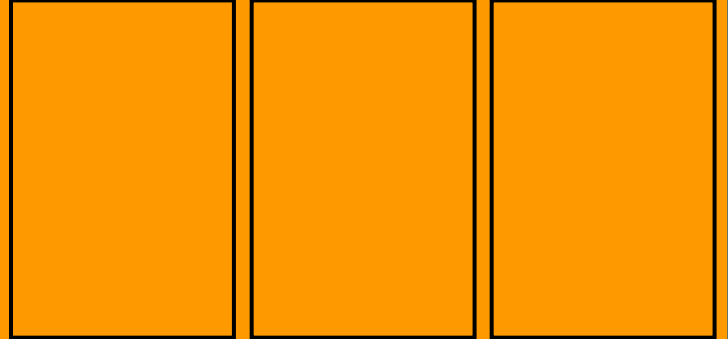
THREE GREAT THINGS TO DO

Rejoice, be patient, be constant.

Romans 12:12 – Be joyful in hope, patient in affliction, faithful in prayer.

20% OFF

FEBRUARY 1-15



Sale includes diabetic socks, compression socks, fuzzy socks, and all slippers. While supplies last.

*These statements are culmination of the knowledge and experience of the team at Norland Pharmacy. The information provided here is for informational purposes only. Please consult your healthcare provider with questions concerning any medical condition or treatment. Compounded medications are not reviewed by the FDA for safety or efficacy. These statements have not been evaluated by the Food and Drug Administration, and these products are not intended to diagnose, treat, cure or prevent any disease.



www.NorlandRx.com
(717) 217-6790

- Psalms 23:1

*The Lord is my shepherd,
I shall not be in want.*

Return Service Requested

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