

VISIT US AT 401 MAIN STREET
IN ROSETOWN

ALL ABOUT VACCINES

There is a lot of discussion about vaccines right now and if one will be developed for the COVID-19 virus. So this is a great time to discuss **how vaccines work and their safety**. When the body develops an infection from a bacteria or virus, our immune systems use white blood cells to stop the attack. We will discuss the 3 main white blood cells that are released:

1. **Macrophages** – swallow and digest germs, as well as dead or dying cells. Macrophages leave behind parts of the germ known as antigens. The body identifies antigens as a danger and stimulates antibodies to attack.
2. **B-lymphocytes** – produce antibodies to attack antigens
3. **T-lymphocytes** – attacks cells in the body that have been infected.

The first time the body is infected, it takes a few days for the immune system to make the necessary cells and defend the body. After that first infection, the immune system remembers how to protect the body. A few T-lymphocytes (also known as memory cells) remain so the body can create a quick defense next time. When familiar antigens are found, the B-lymphocytes produce antibodies to attack them.

Vaccines trick the body into thinking that the body has an infection.

The immune system creates T-lymphocytes and antibodies. This is why minor symptoms, such as a fever, can occur after receiving a vaccine and should be expected as the body builds immunity. After the "imitation" infection resolves, the body is still producing B-lymphocytes and T-lymphocytes. This can take a few weeks, so it is possible to still develop the disease if you come into contact with it.

There are many different ways to develop a vaccine. The approach is based on the infections the vaccine will prevent (virus or bacteria), how the germ infects the cell, how the immune system responds to it, as well as environmental factors (such as where the disease is in the world). The different types of vaccines will be discussed in a future newsletter.

ARE VACCINES SAFE? Yes! Vaccines are made from weakened or dead germs, proteins or complex sugars called polysaccharides. Vaccines must pass many safety tests before they are approved. Newly developed vaccines are given to a small number of people to test for dose and safety. They are then given to hundreds or thousands to study safety of the vaccine. After approval for general use, each lot (or batch) is tested and approved by Health Canada before it is used. Any adverse effects are reported and tracked by Health Canada. Every serious event is reviewed in detail.

DID YOU KNOW? Your body comes into contact with millions of germs per day! Vaccines introduce only a small amount of the bacteria or virus. Administering more than 1 vaccine at a time is not a problem as our immune systems are used to dealing with many more germs at a time.

FOCUS ON SHINGRIX VACCINE

Shingrix is the newest vaccine to protect against varicella zoster, also more commonly known as the shingles virus. This is the same virus that causes chicken pox. After we recover from chicken pox, the virus remains in our body and can reactivate in the form of shingles. Shingles usually begins with flu like symptoms that develops into a painful, blistering rash that may last several weeks. For some, a serious complication called postherpetic neuralgia may occur, resulting in long lasting nerve pain.

The risk of shingles increases as we age and our immune response lowers. One of the best ways to protect yourself against shingles after the age of 50 is through vaccination. Shingrix is a non-live vaccine that has been studied in over 29,000 people. It is given as a two dose series, with the second dose given two to six months after the first. This vaccine has shown to be over 90% effective and remain effective for over four years. The vaccine is well received with the most common side effects being pain, redness and swelling at the injection site, as well as flu like symptoms. If you would like more information on Shingrix, feel free to discuss this vaccine with one of our pharmacists today.

SHINGRIX: is the newest vaccine to protect against the shingles virus

Thank
YOU

FOR YOUR PATIENCE & KINDNESS

Thank you to all of our customers for your patience and understanding over the last couple of months. We have had to make some changes in the pharmacy to ensure that we are able remain open to continue to serve you. We understand that some of these changes may have been inconvenient or you may have had to wait a bit longer than usual. Please know we truly appreciate you and your kindness!



CENTRAL PLAINS CO-OP PHARMACY NEWS SPRING/SUMMER 2020

QUICK & CONVENIENT PRESCRIPTION ORDERING

We are excited to announce that we have a new system for ordering prescriptions online or by text/phone! You can always phone and talk to us in person, but if you would like to order refills after hours or do not need to speak to us, this may be a more convenient option.

PHONE OR TEXT: 1-877-658-3167

Text: text the word "refill" followed by the rx numbers from your label separating prescriptions by commas or spaces

Phone: have your rx numbers ready and follow the prompts after phoning the above number.

ONLINE ORDERS

Navigate to www.centralplainsco-op.crs, scroll to the bottom of the page and click "Online Prescription Refills"

Quick refill: You just have to enter your rx numbers and phone number.

Patient Login: Ask us for a patient card to set up your profile. We will give you information to enter to have access to your prescription profile and make it even easier to see the names of your medications, see what refills you have remaining and order your refills quickly online.

Pick up reminders : Would you like to know when your prescription is ready for pick up? We can **email or text** you that it is waiting for pick up.

Do you wish someone would **remind you to reorder** your prescriptions? We can also do that!

If you would like more information on the any of the above services, please give us a call at **306.882.3636**

ALLERGIES & HOW TO TREAT THEM

As temperatures increase and we spend more time outdoors, many of us find that allergies begin to affect us. Runny eyes, sneezing, runny and stuffed up noses, and an irritating cough from a post nasal drip start to take their toll and ruin our time outside. Some don't even realize they have allergies and may think it is their "spring time cold". The first question may be: "What is an allergy?". Allergies occur when the body overreacts to a trigger known as an allergen. Allergens can be pollen, dust, or pet dander and may be seasonal or last year round. When the body reacts to an allergen, it can release many different inflammatory substances such as histamine, prostaglandins, cytokines, tryptases, chemokines, and leukotrienes.

Allergies:

when the body overreacts to a trigger known as an allergen (dust, pollen, pet dander - seasonal or year round)



What options are available to allergy sufferers to stop their symptoms so they can enjoy the outdoors once again?

1. Sinus Rinses – this is a great way to remove allergens and mucous from the sinuses. While it does take a little time to get used to doing (no one is too excited to spray water up their noses), they help wash away the problem and bring relief!

2. Antihistamine Tablets – there are many great options for a once daily, non drowsy antihistamine. Starting these before allergy season brings the best results, however trying one after symptoms have started will also help. For best symptom relief, tablets should be taken daily while the allergen is still present.

3. Intranasal Corticosteroid Nasal Spray - reduces inflammation and blocks more of your body's chemical response to allergens. These sprays are used daily to prevent and eliminate symptoms. Talk to one of our pharmacists about which product would be right for you.

4. Allergy Eye Drops – stops the body's response to allergens and works directly on eye symptoms. Make sure to buy drops without a decongestant – these can remove redness, but the body easily becomes dependent on them after a few days.

5. Allergy Avoidance – this can sometimes be the easiest or hardest to achieve! Many websites will tell you the pollen in your area and you can decide whether it is worth going outdoors or having the windows open. If you do have to be outside, avoiding areas where pollen may collect is important. As well, washing your clothes when you go back inside and having a shower can reduce the allergens that remain on your body.

Fun in the Summer Sun

Warmer weather means more time spent outdoors in the sun! Did you know that, despite being highly preventable, **1 in 7 Canadians will be diagnosed with skin cancer?** Ultraviolet radiation is the major cause of this type of cancer. So, do you need to stay indoors? Absolutely not! Time spent outdoors is beneficial to people of all ages, so it is important to find ways to stay safe in the sun's rays.

The Canadian Cancer Society recommends 5 S's in using Sunsense

Slip

Wear weather appropriate clothing that provides sun protection.

Shade

Seek shade or create your own.

Slap

A wide brim hat protects your ears, neck and face.

Slide

Slide on a pair of sunglasses to protect your eyes. Choose ones that specify they protect against UV 400

Slop

Apply a sunscreen with an SPF of 30 every 2 hours or after swimming or sweating

STRESS & SELF CARE

With the changes in society over the last few months, many of us have felt an increased level of stress. This is the time to remember to **look after yourself and find some ways to help reduce your stress level.** While some of the things may not be available, here are a list of self care ideas to try at home:

Physical

- Go for a walk
- Dance
- Play with a pet
- Take a bath
- Reorganize a room
- Stretch
- Eat healthy – try a new recipe

Mental

- Read a book
- Learn a new skill
- Do a DIY project
- Colour
- Turn off your phone
- Watch the sunrise or sunset

Emotional

- Meditate
- Practice yoga (check out YouTube)
- Talk with a friend
- Journal
- Start a gratitude journal (or just write down what you are grateful for)



TRAVEL HEALTH DISEASE HIGHLIGHT

DENGUE FEVER

Dengue is a disease caused by a mosquito bite. Each year, up to 400 million people will develop dengue. We are lucky that Canada does not have this disease, but many of us like to travel to warmer areas of the world where this does exist. It is important to know what it is and the risks involved. This past year, dengue risk extended its normal season in many of the countries we vacation in, with a higher number of people affected.

What is Dengue?

Dengue is spread through the bite of an infected *Aedes aegypti* or *Aedes albopictus* mosquito. These mosquitos are more often found in urban areas and bite during the day. They breed in standing water. One bite can cause the dengue infection, so bite prevention is very important. There are 4 types of Dengue and once infected, you develop lifelong immunity to that type. The only problem is, you will also develop a more severe case if infected with another type after recovering. There is no medication to cure Dengue Fever. There is a vaccine available in some countries (this is not available in Canada), but it can only be used in people with a confirmed prior case of Dengue. When given to people who have never had the disease, the vaccine puts them at higher risk of developing a severe form of Dengue known as Dengue Haemorrhagic Fever.

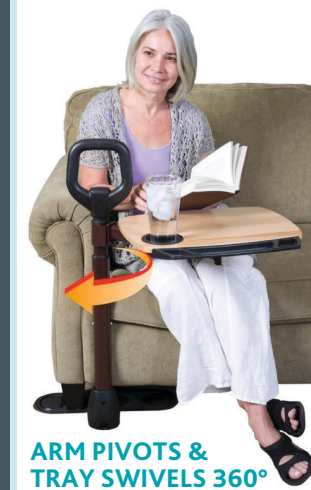
Where is Dengue found?

Dengue is found throughout the world, but is more common in the tropical and subtropical areas. It is common in regions of Africa, Central and South America, the Caribbean, the Eastern Mediterranean, South and Southeast Asia, and Oceania. The World Health Organization (WHO) estimates that over 40% of the world's population live in areas where Dengue viruses can be transmitted.

What are symptoms of Dengue?

Only 1 in 4 people infected with Dengue will develop symptoms.

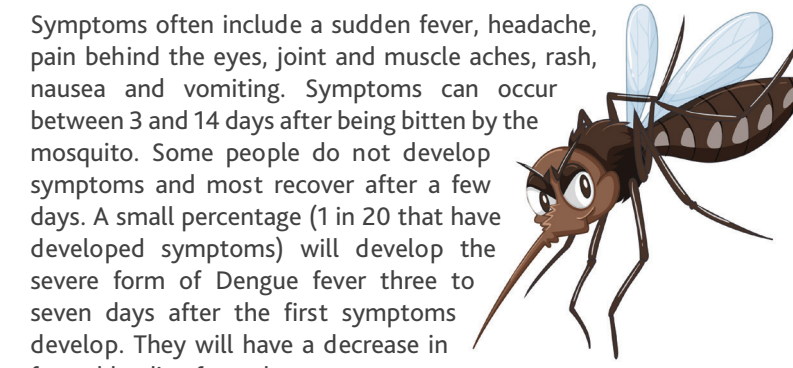
FEATURE HOME HEALTH PRODUCT



ARM PIVOTS & TRAY SWIVELS 360°

STANDER ASSIST-A-TRAY 2 in 1: Support handle and luxury swivel tray

- **Universal:** Fits any couch, chair, or lift chair
- **Adjustable:** 16"x18" bamboo table adjusts in height from 26"-32". Handle adjusts in height from 34"-40"; base from 20"-36"
- **Swivel Tray:** Multi-use tray pivots and rotates 360°
- **Rubber Pads:** Ensure stability and protect your floor from markings
- **Supports:** 250 lbs, tray 30 lbs



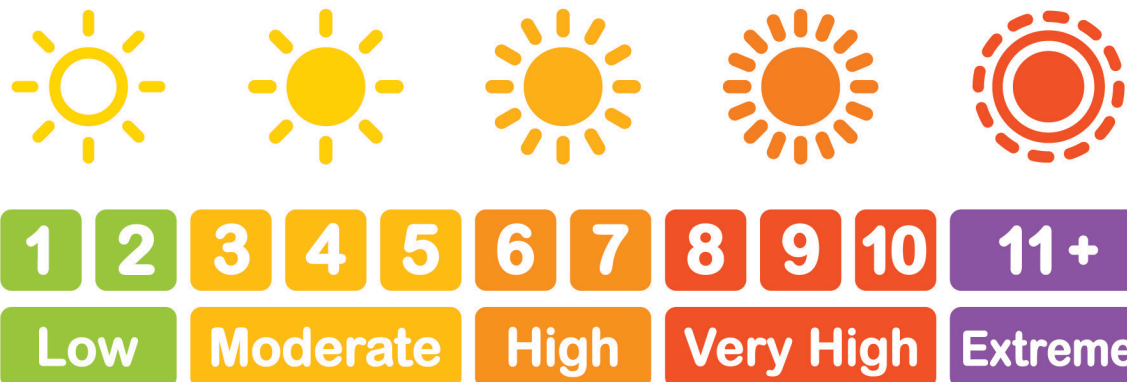
Symptoms often include a sudden fever, headache, pain behind the eyes, joint and muscle aches, rash, nausea and vomiting. Symptoms can occur between 3 and 14 days after being bitten by the mosquito. Some people do not develop symptoms and most recover after a few days. A small percentage (1 in 20 that have developed symptoms) will develop the severe form of Dengue fever three to seven days after the first symptoms develop. They will have a decrease in fever, bleeding from the gums or nose, fatigue, severe abdominal pain, persistent vomiting and difficulty breathing. Severe Dengue can lead to shock, but with proper medical care, most people recover. Children living in areas with Dengue are at higher risk of developing this form of the disease.

How Can you prevent Dengue Fever?

Mosquito bite prevention is the only protection against Dengue Fever. Wearing approved mosquito repellent when outdoors, especially during the day, is your best protection. Make sure to apply the repellent after sunscreen if using both products. Hotels with air conditioning can reduce the risk as mosquitos are less likely to be indoors, but does not eliminate it. Wearing long sleeves or clothing with repellent can also reduce bites.

Remember to check the UV index daily.

This will tell you the strength of the sun's daily UV rays. The higher the number, the stronger the rays:



Try to reduce your time in the direct sun between 11am and 3pm or when the UV Index is above 3.

TRAVEL HEALTH CONSULTS ARE AVAILABLE AT CENTRAL PLAINS CO-OP PHARMACY!

- We are able to provide travel health consultations for people that are travelling for business, vacations or to visit family and friends.
- We are able to provide prescriptions for vaccinations and travel medications, including medications for malaria or altitude sickness prevention
- Our consultations involve explaining different risks associated with travel and ways to reduce those risks.
- It is recommended that a consult is booked 6 weeks before travel. Most consults will take 45 minutes to an hour.

