

September 2021

MEDICINE SHOPPE MOMENT

Vol 1 Issue 2

Monthly Newsletter

Caring Beyond Prescriptions



Beat the
COLD & FLU
season



DELIVERY SERVICE

Short on time??

If you prefer to have your medications delivered to you, we offer same day delivery services in Fargo, Moorhead and West Fargo.

FLU SHOTS

This year's flu virus is just around the corner, but you can shield yourself by getting vaccinated! Vaccines do not cause illness and allow us to gain the benefits of a natural exposure without the symptoms of an actual infection. Vaccination is a way to train your immune system for a future encounter—the ultimate shortcut to protection!

COLD & FLU

With adequate rest and hydration, many people will recover without needing to visit the doctor. Follow our guide to kickstart your healing process and manage your symptoms like a health professional! As always, please call our clinically-trained pharmacists if you have questions or need dosing recommendations.

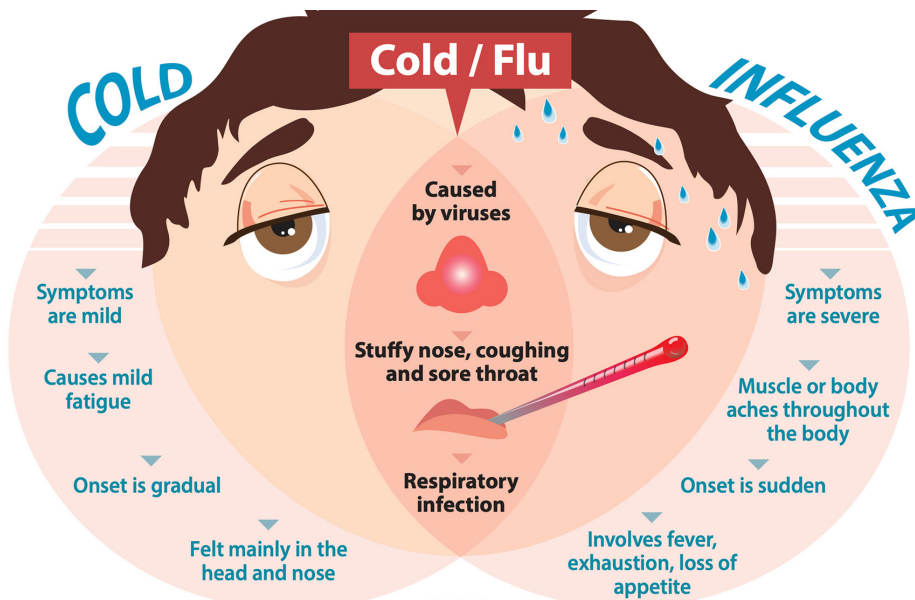
NEW MOBILE APP *now available!*

The Medicine Shoppe Fargo mobile app has a new look!

Our new app makes it easy to refill your medications with the click of a button! With 24/7 ordering capacity, you can place a refill order at anytime conveniently through your phone. You can also view your prescription profile at anytime you need it!

Search **RX2GO** in your app store and download the free app today!





FLU SHOT SEASON

Why?

Flu vaccines reduce the burden of illnesses, hospitalizations, and deaths related to influenza. In recent years, the vaccine has reduced the need to visit a doctor by 40 to 60%. By preventing the disease, you will save yourself time spent in recovery and the stress of dealing with an unexpected conflict. Most insurances fully cover the vaccine with \$0 copay while OTC (over-the-counter) or prescription treatments likely cost more.

How?

Two weeks after vaccination, your body will develop antibodies, which will remember, recognize, and eliminate the influenza viruses introduced in the vaccine. This phenomenon is called active immunity, and it is constantly learning new pathogens every day to strengthen your immune response. Those who cannot receive the flu vaccine (such as infants under 6 months of age) are at risk of severe complications from the flu, including pneumonia, seizures, and even death. When most of a community is immune, the virus is less likely to spread and make its way to the unvaccinated population. By receiving the vaccine, you are contributing to this process called herd immunity and protecting our future generations.



Walk in as a patient, walk out a hero!

PRODUCT FOCUS: Cold & Flu

Treat only the symptoms you are experiencing. Combination products, such as Nyquil Severe, often have multiple ingredients that only treat active symptoms. There is no preventative benefit, and you may end up paying for ingredients you don't need

- **To reduce fever and pain:** Try acetaminophen (Tylenol), ibuprofen (Advil), or naproxen (Aleve). To avoid liver and kidney damage, stay under 3000 mg of acetaminophen and 1200 mg of ibuprofen per day. Avoid taking more than one product containing acetaminophen or ibuprofen, and watch the dosing of combination products!
- **To relieve runny nose or watery eyes:** Try diphenhydramine (Benadryl), which may cause drowsiness. Non-drowsy alternatives include loratadine (Claritin) and cetirizine (Zyrtec). Try fluticasone (Flonase) nasal spray to dry out just the nasal passages.
- **To relieve sinus pressure or a stuffy nose:** Try pseudoephedrine (Sudafed), which is sold behind the counter and may cause insomnia/irritability during use. Avoid if you have uncontrolled high blood pressure.
- **To loosen mucus:** Try guaifenesin (Robitussin, Mucinex) and drink plenty of water.
- **To reduce cough:** Try dextromethorphan (Delsym).
- **To relieve a sore throat:** Try throat lozenges, honey products, and gargling salt water.

Talk with our pharmacists or your provider to ensure safe use with your other medications



When?

Our professionals recommend receiving your annual flu vaccine by the end of October because its effects last for about 6 months. For your convenience, we will be offering flu vaccines at all three of our pharmacy locations! We carry the quadrivalent (4-strain) vaccine for patients ages 5 to 64 and the high-dose quadrivalent vaccine for those 65 and older. No appointment necessary—just walk in!